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metroNEWS

Your essential daily news | WEEKEND, MAY 27-29, 2016

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From left: Abdulla Chybli, Ahmed Al Abed Allah, 16, Oday Al Tamky, 15, Ismail Yunus, 15, and volunteer tech coach Taleb Ameri hit the Notre Dame High School soccer field.
JENNIFER FRIESEN/FOR METRO

Meet the SYRIAN SOCCERSONS

metroNEWS

Millions for low-income transit pass

TRANSPORTATION

Councillor says subsidy from province a long time coming

Helen Pike
Metro | Calgary

Calgary Transit just got their first-ever operational bonus from the province.

On the heels of a similar announcement made in Edmonton on Thursday, Metro confirmed there's $4.5 million in annual funding for three years on the way for the city's low-income pass program.

The news is something councillors have been asking for, according to Coun. Druh Farrell. She said it's a nice gesture, as the city's been picking up the $20-million-per-year tab.

Coun. Brian Pincott said he sees the bonus as a chance to implement a sliding scale, which at last glance was in a consultation vortex after a decision to engage stakeholders in 2014.

"The nice thing about what we want to do with the sliding scale is it isn't a hard line of you're in or you're out," said Pincott. "It allows a degree of support up to 125 per cent of the low-income cut-off."

Coun. Shane Keating, chair of the Transportation and Transit committee, said it's a long time coming. Alberta is one of the only provinces where operational funds for transit aren't already a given.

"I think we need an awful lot more," said Keating. "If you do comparisons, this $4.5 million we're getting would be a pittance compared to others."

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metro NEWS

Your essential daily news

Trump looks ahead to Hillary after claiming support from "almost everybody." **World**

Meat and bones of special effects

BLOOD AND GORE

Bleeding Art Industries creates organs, limbs for films

Aaron Chatha
Metro | Calgary

Alyssa Moor and Leo Wieser with one of their victims — er, props. The goo and blood is added when the cameras roll.
JENNIFER FRIESEN/FOR METRO

Alyssa Moor's working conditions are disgusting.

Every day she walks by jars of gooey liquids, buckets of oozing blood and the occasional pulsating organ.

She loves it.

For 15 years, Bleeding Art industries has been meeting Calgary's special effects needs. Most recently, they created an open, pulsating chest cavity for the Syfy TV series Wynonna Earp.

It was on-screen for a few moments while a doctor pulled organs out of the still living woman.

"The reason I put the company together is because I wanted to do cool, creative and wild things," said co-owner Leo Wieser. "There wasn't a lot of special effects shops around at that time," he recalled.

"I mean, you saw big Hollywood stuff, but there was no shop in Calgary."

Since then 2001, Bleeding Art has been leading the way.

They also teach pyrotechnics, work with theatre companies and create the mundane — but often more complex — props, like fake calves, prop axes and mock-ice cubes that will float and not melt in-between takes.

It's more than just gore

But most of the really cool stuff is gore. For example, head fabricator Alyssa Moor has created arms and heads, again most recently for Wynonna Earp.

When building an arm, with nothing but bone and flesh above the elbow, Moor begins by creating a silicone mould of a real human arm.

If there's not a specific character in-mind, they hunt for actors with the sexiest arms to bring into their studio, and create a silicone mould from.

There's where things get a little hairy: the arm is carefully painted and each arm hair is added one at a time.

Creating an arm takes about a week. Creating a full human head, where each individual head hair is slowly sewn in, can take a few weeks.

The eyebrows are the worst.

"You have to punch them in the right direction, because eyebrows, they go up and over and could be in three or four different directions," said Moor.

The eyes themselves are sculpted open in the mould.

Then they ensue the bones, blood and inner meat looks good. And that involves photos. Moor said the internet is a great resources of disgusting materials, but easily the grossest part of her job is finding reference pictures – it can be hard to look at, but unfortunately, there's not too many open bodies running around to look at.

Still, in the woolly world of explosions, guts and weird stuff, they've got the bones to keep at it.

CREATIONS

Heartland: For the rural-set TV series, Bleeding Art has created a fully articulated bear, and horse make-up to make the animal look like it's injured

Hell on Wheels: For this show, they made a custom blood for an injured bear — designed so he wouldn't lick it. They also designed train décor.

Wynonna Earp: The series, currently airing, has provided Bleeding Art with a ton of work, from creating the severed head of Sarah Troyer to gory arms and feet.

River: A giant nose and more were created for the Arrogant Worms song, River of Snot — a 3D stop-motion animation.

The Hunt: Full body creature suits were fabricated for the award-winning horror short.

JENNIFER FRIESEN/FOR METRO

What 'not criminally responsible' entails

DE GROOD

Designation is not a light sentence, expert says

Lucie Edwardson
Metro | Calgary

A not-criminally-responsible designation doesn't mean the patient will be reintroduced to society in the foreseeable future, a forensic psychiatrist says.

Matthew de Grood, who killed Jordan Segura, Josh Hunter, Kaiti Perras, Lawrence Hong and Zackariah Rathwell, at a Brentwood house party in 2014, was found NCR by a judge earlier this week because evidence showed he suffered a psychotic episode at the time of the murders.

According to Dr. Sandy Simpson, head of the forensic psychiatry department at the University of Toronto and at the Centre for Addiction and Mental Health, said the journey to absolute discharge for NCR patients is long.

"The process takes quite some time," he said. "And, the emotional process to come to terms with what one has done and what that means about themselves and how that changes one's sense of who one is and integrating accountability into one's life can be quite long term as well."

Simpson said the treatment process begins with medication and works through psycho education, family education, dealing with lifestyle issues and constant assessment by trained professionals. The individual remains under supervision of the Alberta Review Board, who decide their treatment plan and eventual reintegration.

The Crown prosecutor in de Grood's trial, Neil Wiberg, said they're considering applying for a high-risk NCR designation, which Simpson said is even more restrictive.

High-risk NCR individuals remain under a secure detention order and they remain under court authority.

"It limits the range of progress a person can make," said Simpson.

Despite reports that high-risk NCR patients would only go before the review board every three years, Simpson said that only happens when all parties agree to that condition.

When the patient is ready for discharge they will initially visit the hospital every day and are tracked for medication compliance for quite some time. Further, Simpson said, an NCR individual could spend their entire life under the control of a review board or the court.

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CYCLING

Bikeway criticisms too late: Councillor

Although the 5th Avenue bikeway has been in the works for over a year, some residents aren't pleased with the results.
JENNIFER FRIESEN/FOR METRO

Helen Pike
Metro | Calgary

Construction on the 5th Avenue bikeway is imminent, and for the City of Calgary's engagement process, the lines are as good as drawn.

But some community members, and the Hillhurst Sunnyside Community Association's design committee, are saying; "not so fast!"

The project, which started engagement in February 2015, is set to begin construction in June. The bikeway will run between 10th Street N.W. and 14th Street N.W. with painted lines and curb extensions. It's not just the bikes getting the TLC, the city will also be adding a crosswalk.

But they're moving parking — and that's where Louise Cornfield takes issue. She noted that in the current parking design, people are forced to cross a busy street in order to go to the park, community centre or farmer's market.

"Slow down, and let's talk to the people that live here," she said.

The neighbourhood is also an active construction zone with many building projects on the go, so Cornfield said it would be best just to wait out those projects and engage the area more thoroughly.

Ward 7 Coun. Druh Farrell said the crowd with concerns don't speak for the whole community. She frequented the project's engagement events and said they were well attended.

"The city did significant public engagement, they had a steering committee, the community association had a representative in the steering committee," said Farrell. "Unfortunately some members in the community came into the process late, when a decision has already been made."

Tom Thivener, projects coordinator with transportation planning, said the engagement was pretty standard, and while engaging the city took a lot of input to create the end product.

"It was very clear that we needed to provide parking," said Thivener. "There were areas of higher demand, and areas where it was underutilized."

Thivener added the parking use studies gave them data that showed what side of the street worked best.

But Cornfield isn't the only one concerned. A letter from the community association's design committee details a laundry list of worries with the project. Most are on the implications of having the parking on the south side of the Avenue.

The letter also pointed out that only 31 per cent of the engagement respondents live in the community.

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HUDSON'S BAY

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The bin trifecta will soon be complete in Calgary's residential neighbourhoods. Green bins are expected to take 60 per cent of the waste currently going into black bins. JENNIFER FRIESEN/FOR METRO

Green bins to cost households $6.50

ENVIRONMENT

Program expected to divert 60% of organic waste

Brodie Thomas
Metro | Calgary

The city will soon be hauling away all your kitchen scraps, dirty Kleenex — even dog poop — for the low, low price of $6.50 per month.

The latest report on Calgary's Green Bin program is going before council Monday and it has zeroed in on the monthly price needed to sustain the program.

Residents will not be billed until the program rolls out in their community — which is still slated for mid-2017.

For some people, like Woodlands resident Jack Foster, it's still $6.50 too much since he's already composting in his backyard.

"I, like everyone else, are going to have to pay it, whether we like it or not," he said.

Foster spoke to Metro in February, expressing his concern that there was no way to opt out of the program.

"I'm going to carry on the way I have been doing for years," said Foster. "The bin is going to stay empty."

However Coun. Druh Farrell feels the program is good value for money.

She too has several backyard composters but said the green bins can take many items that can't be placed in a typical backyard composter — items like meat and tissues.

She said composters like herself are definitely in the minority in Calgary, and the program will help divert most waste from the landfill where it contributes to the production of methane gas.

$10.1M

The projected 2018 cost savings on the black bin program once the green bins program starts.

The city's self-imposed goal is to divert 70 per cent of its waste from landfills by 2025.

The blue bin program has helped with that goal, but according to the city's latest report, 60 per cent of residential waste currently going in landfills could instead be composted.

As green bin programs are rolled out, that expected drop in black cart waste will be reflected in the frequency of pick-up. Communities will see black cart pickup every other week.

The city rolled out a green cart pilot in the communities of Brentwood, Abbeydale, Southwood and Cougar Ridge. Farrell said pretty much everyone has adapted to the program without any problems.

The city's polling shows 89 per cent of single-family households support the program, and the same amount plan on using it.

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The federal government has until June 6 to pass legislation that legalizes the contentious practice. METRO FILE

Assisted dying views 'helpful'

LEGISLATION

Government consulting as it prepares new laws

Jeremy Simes
For Metro | Calgary

Associate Health Minister Brandy Payne says assisted-death consultations have been "very helpful" in creating future regulations regarding the contentious practice.

On Thursday, the government released consultation findings about physician-assisted death as the federal government has until June 6 to pass legislation legalizing the practice.

The report, titled What we heard: Medical Assistance in Dying, received more than 15,000 online responses and outlined numerous recommendations the province is considering to address doctors' conscious rights.

About 55 per cent of respondents said physicians who don't want to provide medical assistance in dying should refer the patient to a doctor who does.

The College of Physicians and Surgeons and the Alberta Medical Association also recommended doctors should at least refer patients to information by Alberta Health Services, if they choose not to offer the service.

Other conscious rights recommendations included:

- A government-created "opt in" or "opt out" provision and thoroughly train doctors who opt in, keeping a registry of physicians who provide the service.
- Establishing a "navigator" who could connect patients to participating physicians.
- Appointing a provincial office to make referrals.
- Doctors connecting patients with local health authorities to arrange transfers of care.

Brandy Payne noted Health Link is also available to provide information, adding at least one doctor in each health zone has stepped up to offer the service.

Conscious rights of facilities also came into play, as the publicly-funded Covenant Health has said its doctors won't perform the procedure due to its Catholic values.

In the report, about 44 per cent of respondents said all facilities, whether publicly funded or not, should be required to perform physician-assisted death.

Payne suggested the government won't require Covenant Health to perform the practice because patients will have the option to be transferred to another facility.

Mental health was also discussed in the report, as all respondents agreed for stringent assessments to confirm the patient can fully understand the implications of assisted dying.

Submissions recommended:

- Establish an "end-of-life" care team that consists of a physician, a psychiatrist or psychologist, a social worker, and a "spiritual care provider" to support informed decision-making.
- Employ social workers or psychologists trained in psychosocial end-of-life assessments.
- Require certification by a physician that the person is ill and by two other people that the person is competent.

HEALTH

Public wants option of doctor help to die: Poll

There's strong public approval for physician-assisted death as four in five green-light the procedure in some circumstances, according to an online panel.

The survey, conducted by ThinkHQ on behalf of the Alberta Medical Association, found 80 per cent of respondents said they approve of physician-assisted death. The poll surveyed 1,508 Albertans who used the health care system within the past year.

About 40 per cent said they would consider it, while 37 per cent said they may or may not consider it, but would like the option available. Seventeen per cent said they would not consider it, while 1 per cent were unsure.

Of those who would consider physician-assisted death, 42 per cent were women while 37 per cent were men. For those in the "maybe" category, 39 per cent were women and 36 per cent were men. Twenty-one per cent of men said they wouldn't consider it, while 13 per cent of women said they wouldn't.

The majority of respondents (61 per cent) said they were more comfortable with an assisted death by a physician who specializes in end-of-life and palliative care over a death assisted by their own family physician (33 per cent).

Ninety per cent of respondents said they felt "very strongly" about choosing the place they'd like to die, if they were to consider physician-assisted death.

This online survey utilized a representative, but non-random sample, therefore the margin of error is not applicable. However, a probability sample of this size would yield a margin of error of +/- 2.5 percentage points at 19 times out of 20. Results were weighted to reflect gender, age and region of Alberta population.

The poll was conducted in April 2016.

JEREMY SIMES/FOR METRO

Advocate criticizes NDP Bill 9

HOMELESSNESS

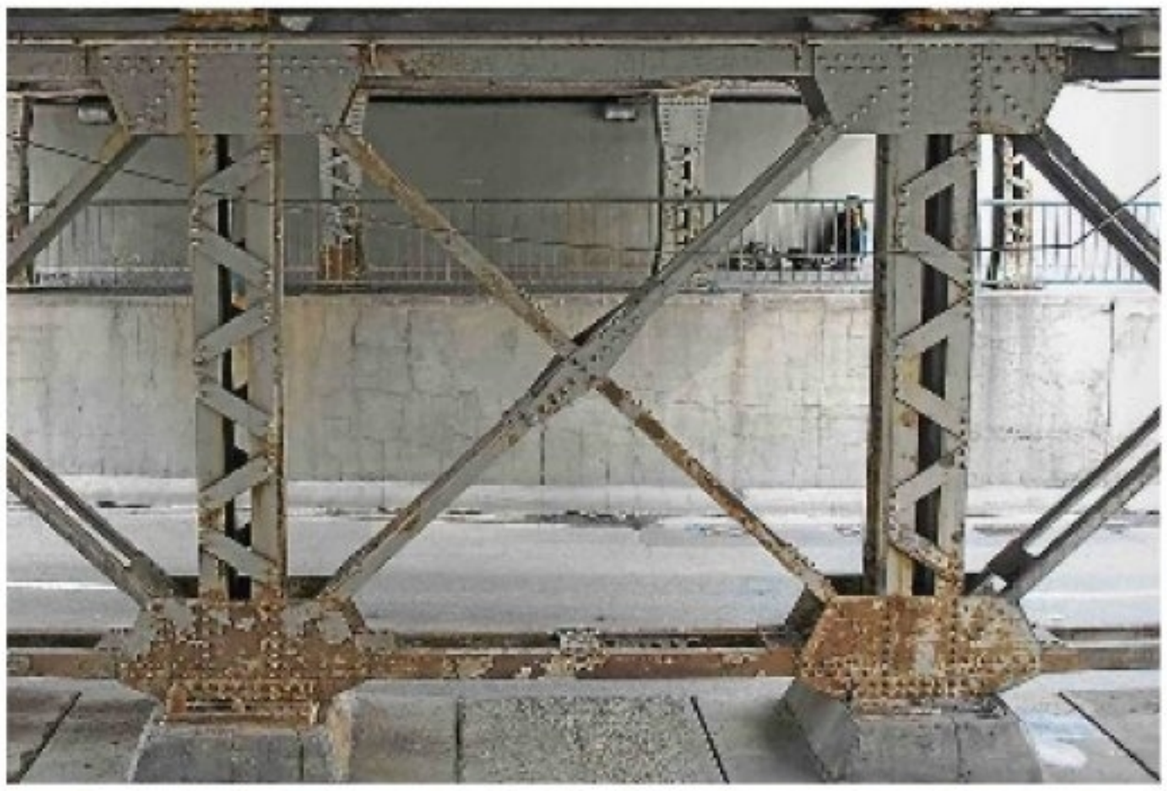
Legislation to stop jailing people for unpaid fines

Brodie Thomas
Metro | Calgary

The NDP's Bill 9 passed unanimously in the provincial legislature on Wednesday evening, but one homeless advocate is critical of the plan.

The legislation is meant to eliminate the practice of jailing people for unpaid fines, and allows police to issue tickets electronically, which will help streamline the system.

"Essentially it ends this antiquated process of a debtors prison. Someone can't pay their debt and they go to jail because of that," said Justice Minister Kathleen Ganley.



A bill that changes the punishment for minor infractions and fines passed unanimously in the provincial legislature Wednesday night. Arrest warrants can no longer be issued for non-payments of tickets, which often hit the homeless community the hardest. JENNIFER FRIESEN/FOR METRO

However Nigel Kirk, a homeless advocate who sits on the board of Vibrant Communities Calgary but does not speak on their behalf, said eliminating jail time for people living in poverty is a good start, but he's not as keen about the alternatives.

Kirk said homeless people are often the recipients of the tickets that are targeted in this bill — infractions for smoking, transit fare evasion and loitering.

Instead of jailing people for unpaid fines, Bill 9 will allow the government to take other measures such as garnisheeing wages, bank accounts and GST rebates, or refusing to register a vehicle until fines are paid.

> We are thinking in a much more empathetic way.
> Susan McGee

He said in most cases, people aren't paying the fines because they simply don't have the money.

"Preventing them from owning a vehicle that may be necessary for work, garnisheeing their wages or hitting them on their rebates helps keep these people in financial stress, rather than alleviate them," said Kirk.

He would rather see more done to assist those with low income avoid getting the infractions in the first place — such as making more transit tickets available to the homeless, or simply providing them with more places to sleep.

Other people who work with the homeless still feel the legislation is a step in the right direction.

Susan McGee, CEO of Homeward Trust in Edmonton, said people absolutely should not be jailed for simply having unpaid fines.

"Even if we don't get all of the details of the bill perfect — we are thinking in a much more empathetic way and understanding that the criminalization approach isn't working."

Ganley said the bill was written after broad consultation with many groups that help the homeless and impoverished, and it has wide support.

She said the courts offer payment plans for those who ask and can demonstrate they are financially stressed.

"You can turn to the fine options program and do community service to pay off your fine," she said.

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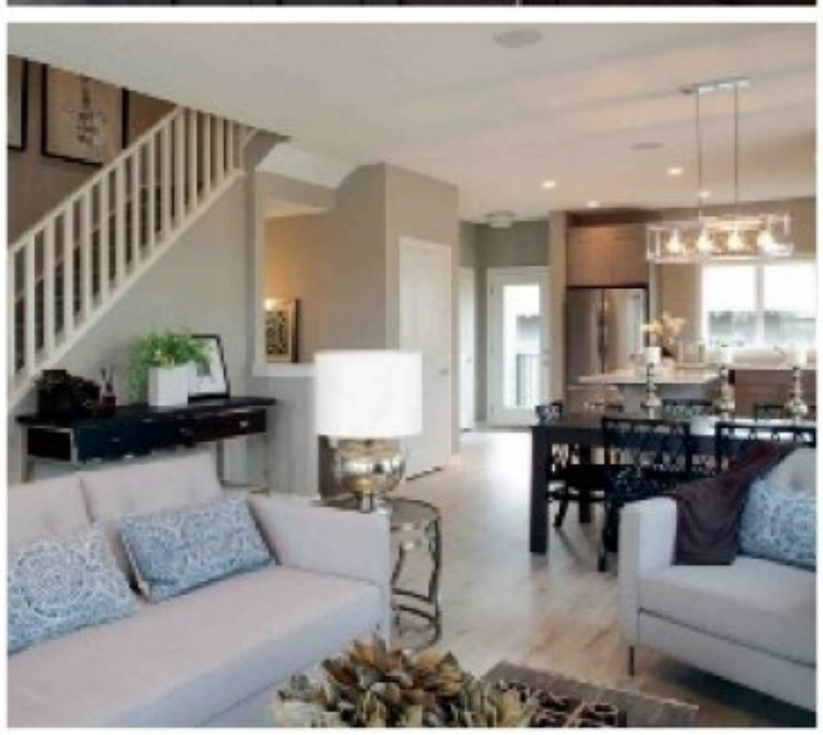

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Finding a home for Fido

ENTREPRENEUR

Rental listing carves out pet housing niche in Calgary

Helen Pike
Metro | Calgary

The rental market in Calgary is wide open these days, but with pets in tow, the Calgary Humane Society said folks with critters might still have trouble finding a home.

Sage Pullen McIntosh with the Calgary Humane Society said they've been noting an increase not only in animal surrenders, but those who circle "housing" as a reason they've given up their pet.

"A lot of rental places don't take pets," said Pullen McIntosh.

"We have seen people losing homes along with jobs, or having to switch jobs ... so we're seeing more people having to move to apartments, or smaller homes or condos where they can't necessarily bring a pet."

Brad Henman sits in his Mount Royal apartment with his 14-year-old dog Milla. He is working to launch RentZa to help bring pet-friendly rentals to other Calgarians. JENNIFER FRIESEN/FOR METRO

Brad Henman, of an online rental listing site called RentZa, said from his understanding out of the 7,000 rental properties available on the market only about 500 are pet-friendly. And he's trying to change that.

> **There's ways to protect yourself as a landlord.**
> Brad Henman

The new listing page, which started out as a tool rental idea, is now offering $5 donations to the CHS until June 30, each time a landlord lists their pet-friendly property on Rentza.

"Me and my wife have worked with the humane society in the past, and other animal shelters as well.... We just thought it was a real good opportunity," Henman said. "I understand where landlords come from ... but there's ways to protect yourself as a landlord.

"It's tough, but I think a lot of people just hear the word pet and they don't want to post their property as pet-friendly."

Listings on his site aren't free like Kijiji, but at $15 they're cheaper than his competitor RentFaster.

Henman said he plans to approach other shelters and initiatives after his offer is up. He's got a lot of good feedback so far from property management companies.

"It's amazing because it's so hard to find rental properties where they will take pets," said Pullen McIntosh.

"It can be very heartbreaking, and often people try many options before they make that decision — because it's their family."

ANIMALS

'Sweet' name for baby gorilla

The Calgary Zoo's baby gorilla has a name and it's pretty sweet.

After deliberation and more than 47,000 votes were cast, the new female gorilla was named Kimani, pronounced "key-MA-nee." It's an African-inspired name that means "beautiful" or "sweet."

According to an update published on Thursday, zookeepers deliberated to pick a list of their top three favourite names and put it to a vote online:

- Maisha had 4,236 votes
- Tulia had 4,011 votes
- Kimani won in a landslide with 38,486 votes

That's a pretty grand voter turnout.

The zoo pointed out her new name is fitting, as both her parents, Kioja and Kakinga, also have names that begin with "K." METRO

Volunteer tech coach Taleb Ameri (left), Ahmed Al Abed Allah, 16, Ismail Yunus, 15, and Oday Al Tamky, 15, joined Abdulla Chybli at the Notre Dame High School soccer field on Thursday afternoon. JENNIFER FRIESEN / FOR METRO

Newcomers happy to join soccer team

VOLUNTEERISM

Syrian youths eager to show Canada their sports skills

Lucie Edwardson
Metro | Calgary

They're lovingly known as the Syrian Soccer Sons.

After coming to Calgary as refugees fleeing civil war in Syria, the young men were looking for a way to connect with each other in their new city, and they've found it in soccer.

Coach Abdulla Chybli said after being asked by Syrian Refugee Support Group co-founder, Sam Nammoura, to volunteer his time he wasn't sure he'd be able to commit. After seeing a photo of the boys, he couldn't say no.

"You see this picture and your heart just melts," he said. "I'm a little bit of a softy."

He said after one practice he was hooked.

"I want to give my time to these boys, they deserve it," he said.

Chybli said the boys, ages 14-16, have a variety of skill levels — but they have one thing in common: commitment. Chybli said players travel from all over the city to meet in Marlborough, often taking one hour train or bus rides to get there.

The team will play exhibition games this summer with hopes of playing in a league this fall.

Ahmed Al Abed Allah, 16, said he is "delighted" to have joined the team.

"My life changed when I joined the team," he said through a translator. "I am so happy to be part of a team like this."

For 15-year-old Ismail Yunus, the team is a link to home and also to other Canadians.

"When I first came and joined the team I saw my teammates were my countrymen and I was so happy," he said through a translator. "The first thing that came to my mind was I'll get to show the people of Canada what kind of people we are through this wonderful soccer team."

> **My life changed when I joined the team. I am so happy to be part of a team like this.**
> Ahmed Al Abed Allah

Chybil said the joy of the boys playing soccer touches his heart.

"It makes me very emotional," said a choked up Chybil. "It feels good to give back.

The team has been donated jerseys by a SRSG volunteer, as well as many pairs of shorts and cleats, but are still looking for more equipment and gear. To donate visit the SRSG website at yycsyr.ca

ECONOMY

Oil prices creep back up to $50 mark

Brodie Thomas
Metro | Calgary

Oil prices hit the $50 benchmark on Thursday — which is almost double the lowest price in January but still only half of the boom time prices.

With the price appearing to creep back up, could that interfere with the oft-stated goal of diversifying the city's and province's economies?

Adam Legge, president and CEO of the Calgary Chamber of Commerce, said attracting and keeping talent was a definite problem for non-oil and gas companies when the economy was booming.

He feels the provincial and federal governments are going to push forward with plans for diversification, regardless of the price of oil.

Legge said the $50 benchmark is probably not the number where the economy turns around and oil companies start spending more.

"It may be people feel confident we have bounced back up from the bottom. But I'm not convinced it's going to result in more spending," he said.

University of Calgary economist Trever Tombe took issue with Metro's question. He said diversification is nothing more than a buzzword with little meaning.

"People hear it and understand different things. Even during boom times, Employment in Alberta is quite diversified in the sense that employment shares — where workers locate — is pretty evenly spread across sectors."

The problem, he said, is that so much government revenue is tied to oil. In other words, the job market is diversified but government revenues are not.

"We don't have much more volatility in our employment — it's hard to make that fact stick. Our income is so much more volatile," said Tombe.

From University of Alberta to street drug: the story of W-18

ILLICIT LABS

Chemists in China make and ship opioid to Canada

Jeremy Simes
For Metro | Calgary

Illicit Chinese labs, online availability and limited screening protocols have let the extremely potent, yet little-known W-18 make its way from a University of Alberta lab to the streets of Calgary.

Last week, Calgary police confirmed the first Alberta fatality linked to W-18 and a different, more toxic version of fentanyl, so Metro looked into how the Alberta-made drug managed to wind up on the streets.

W-18, which police say is 100 times stronger than fentanyl, was invented by Alberta chemists at the University of Alberta in 1981 for the purpose of being a painkiller, according to Stephanie Borgland, associate professor of pharmacology at the Hotchkiss Brain Institute at the University of Calgary.

And even though no drug companies decided to manufacture W-18, the patent remained online, meaning Chinese chemists have used it to create the drug, she said.

> **People are playing Russian roulette with these drugs when they use them.**
>
> Staff Sgt. Martin Schiavetta

And there's lots of demand to keep the Chinese drug mills going — it's cheap to make with big profits, according to Calgary Police Service Staff Sgt. Martin Schiavetta.

So how does it get through the Canada Border Services Agency (CBSA)?

According to Schiavetta, opioid powder packets containing W-18 are shipped in small quantities — under 30 grams — which makes it difficult for the CBSA to inspect. And if purchasers don't receive their shipments, suppliers will re-send the drug as they "guarantee" arrival, he added.

In an email, the CBSA said officers have the legislated authority under the Customs Act to open any packages entering Canada weighing more than 30 grams.

"If the CBSA has reasonable grounds to examine mail that weighs under 30 grams, they will contact the importer to request permission to open the mail," read the email. "If permission is denied, the mail is returned to the exporter."

Once dealers get the packets, they create the so-called "green beans" that wind up in the hands of addicts or casual drug users.

But the powder that's being shipped isn't pure W-18 — it's likely mixed with opioids like fentanyl, heroin, and methylfentanyl, Schiavetta said.

"People are playing Russian roulette with these drugs when they use them," he said. "W-18 and fentanyl analogues could be in those street drugs."

+ CUSTOMS

30-grams hurdle
Opioid powder packets containing W-18 are shipped in quantities under 30 grams. CBSA officers have the authority under the Customs Act to open packages entering Canada weighing more than 30 grams.

1,438

As of March 15, the Alberta Community Coalition on HIV dispensed 1,438 naloxone kits, where 122 were reported to have been used to reverse overdoses. According to AHS, it would be prudent use naloxone if overdosing on W-18, as it's mixed with opioids. Someone else must also administer the naloxone, not the user.

100

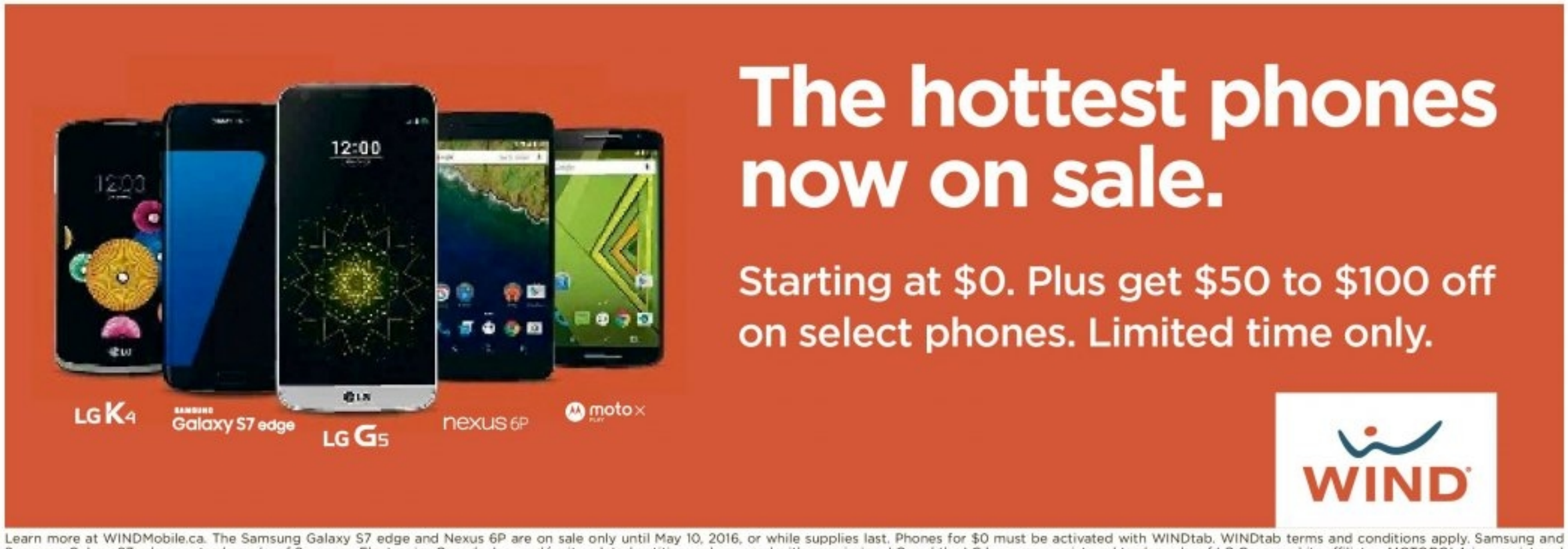
Calgary police say W-18 is 100 times stronger than fentanyl. In April, Edmonton police seized four kilograms of the drug in powder form, "enough to kill every man, woman and child in Alberta about 45 times over," tweeted Edmonton doctor Hakique Virani.

69

From January 1 to March 31, there were 69 fentanyl-related deaths in the province. Trace amounts of W-18 may be in fentanyl but, because small amounts can kill someone, toxicologists have a difficult time detecting it amid opioids.

395

From January 1 to March 31, there were 395 visits due to "poisoning by other opioid." W-18 is technically not considered an opioid, but has been laced with opioids causing the drugs to be much stronger.



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Pet dog stranded in Manitoba

ANIMALS

Family can't cross Ontario due to ban on pit bulls

Lucie Edwardson
Metro | Calgary

Tera Joseph and her family are trying to start over, after fleeing their home in Fort McMurray when the wildfires forced them out of the city.

Traveling cross-country by car from Edmonton to Prince Edward Island, the family and their beloved dog Lucy were focused on figuring out what came next — until, while in Manitoba, they found out Lucy, a pit bull, wouldn't be allowed to pass through Ontario legally.

"I was aware of the Ontario ban on pit bulls, but I wasn't aware that I couldn't even pass through the province," she said. "Upon learning this, we decided we would fly her from Winnipeg — but then we found out they also have a pit bull ban."

Ontario's Dog Owner Liability Act came into effect in August of 2005, banning all pit bull breed dogs from the province, unless the dog was born prior to the act passing.

"If the animal is deemed to be prohibited it would be transported out of the province," said Ontario SPCA Insp. Brad Dowar.

The dog's owner could also face fines or jail time.

"I'm pretty much out of options at this point, but I've reached out to Charlie's Angels for Animals and they've put me in touch with a few organizations like Pilots and Paws Canada, West Jet cargo, Air Angels Canada — who are all now trying to help," she said.

To make matters even more difficult, Joseph said she doesn't have proper documentation for Lucy because it was left behind when they fled Fort McMurray.

"I'm trying to get her to a vet now so they can give her some sort of papers so she can fly," she said.

Joseph said Lucy, 7, is a gentle, kind and loving dog who has spent significant time with her three-year-old and other kids she babysat in Fort McMurray.

Tera Joseph is trying to find a way to get Lucy, a seven-year-old pit bull, to P.E.I. without breaking any laws in Ontario. CONTRIBUTED

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FIRE AID

Nickelback to lead benefit concert

Nickelback and other Canadian musicians will be taking to the stage to raise money for people affected by the Fort McMurray wildfire.

Some of the other artists who are to play the June 29 Fire Aid benefit concert in Edmonton include Blue Rodeo, Corb Lund and Ian Tyson.

Organizers say all proceeds raised from the event at Commonwealth Stadium will benefit the Fort McMurray United Way to support the city's efforts to rebuild.

More than 80,000 people were forced from their homes on May 3 by the wildfire that ripped through the oilsands city.

Residents are to be allowed to return starting on June 1 if officials determine that conditions are safe.

Volunteer organizers of the concert include officials from the Oilers Entertainment Group and the Edmonton Eskimos Football Club.

"We had bands reaching out to us before we'd even had our first meeting," said Harvey Cohen of Live Nation, one of the promoters.

"We already had bands reaching out to us saying, 'Hey are you planning on doing anything? We know you did a big flood concert in 2013, are you planning something as well for this?' and so we got right to it."

> **We had bands reaching out to us before we'd even had our first meeting.**
> Harvey Cohen of Live Nation

Another fundraiser for Fort McMurray is set for June 5 in Toronto. Comedians Pat Thornton and Ryan Belleville are producing and hosting a 12-hour telethon at the Rivoli with proceeds going to the Red Cross. Some of the lineup confirmed so far include Colin Mochrie, Sean Cullen, Mark Forward and the cast of CBC's Baroness Von Sketch show.

THE CANADIAN PRESS

Nickelback has signed on as a headline band for the June 29 Fire Aid concert to raise money for people affected by Fort McMurray fire. THE CANADIAN PRESS FILE

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How to turn a city of 90,000 back on

Return to FORT MAC

The people left; now they want to come home

Ryan Tumilty
Metro | Edmonton

When 90,000 people fled Fort McMurray in early May, they left behind not only homes and lives, but grocery stores, gas stations and other essential services that now need to be turned back on.

And that's the challenge many are currently trying to solve: How do you do that by June 1, when the government will allow evacuees to return voluntarily?

The answer: It's really complicated.

"When we evacuated the city, 90,000 people were gone. We turned off the lights and we turned off the gas and, 24 days later, we have issues," said Bob Couture, Fort McMurray's director of protective services, who is overseeing the work of turning the community back on.

"You expect a grocery chain might just be able to turn the lights back on, but it's not — it's a very complicated process," Couture said.

Just getting staff from grocery stores or other companies up to the city to operate the facilities is a challenge, he said. "The hotels have been down, so we have to get those up and running for accommodations."

He said they've also had to be selective as to who gets back in.

"We have a large community of 90,000 people and everybody wants to come in and everybody wants to help, and there is no room for everybody to go," he said.

The phased re-entry is set to begin next week. Much of the city's electricity and gas service has been restored but it may be well into June before a boil-water advisory for drinking water can be lifted.

ATCO has been working for weeks to restore gas and power service to the community. RYAN REMIORZ/THE CANADIAN PRESS

THE AFTERMATH

Officers kill bears in damaged city

Wildlife officers in Fort McMurray have killed two black bears and captured and relocated two others that were roaming in and around the fire-damaged city.

Alberta government spokesman Brendan Cox said that May 3 — the day more than 80,000 people were forced to flee a raging wildfire — also was garbage day for most residential neighbourhoods.

The stinky trash left on city streets attracted animals looking for an easy meal.

"Wildlife is attracted to unnatural food sources," Cox said from Edmonton. "Bears, for example, can smell rotting garbage from kilometres away."

There have been 30 complaints about bears in the city in the past three weeks, he said. Although the city remains empty of residents, there are firefighters and others there working to restore utilities, repair and clean the city's hospital and reopen pharmacies and grocery stores.

About 2,400 buildings were destroyed but fire crews managed to save almost 90 per cent of the oilsands city.

Workers have cleaned up most of the garbage, Cox said.

But foul odours will soon be returning.

Residents may be allowed back into the community starting June 1, and those who didn't lose their homes to the flames will still need to clean up and throw out rotting food inside their refrigerators and freezers.

> **"Wildlife is attracted to unnatural food sources.**
> Brendan Cox

"We would ask returning residents to ensure their appliances, garbage or any other attractants are secured until it can be picked up or delivered to a proper waste management facility," Cox said.

A government guide on the phased re-entry process also advises people not to leave their doors open in case animals wander inside.

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HUMANITIES AND SOCIAL SCIENCE

Five things not to miss at Congress 2016

Helen Pike
Metro | Calgary

1) #SafeStampede, Saturday May 28:
Mylynn Felt, a University of Calgary researcher takes apart how companies try to harness the power of social media to shape behaviour. In Stampede's case, the hashtag #safestampede flooded feeds after it was created by a grassroots group encouraging safety in sexual health and more.

2) Barista or better, Saturday May 28:
This roundtable style has two experts: Richard Sigurdson and Lisa Young. The pair examine and debate findings from the University of Ottawa's Education Policy Research Initiative about post-secondary graduates in the labour market.

3) How fluoride got in our water, May 29:
Lindsay McLaren will be explaining the history of why fluoride was put in our water and get into the big debate that got it taken out. Her research spans from 1950 to 2015.

4) Do University students have more serious issues than ten years ago? May 29:
Expert Sharon L. Cairns says: yep. Over the past decade students have had to undergo increased stress, greater awareness of mental health issues in their education and more. Whoever said kids have it easy these days has no idea.

5) Homophobia in Catholic schools, May 30:
Canada's Catholic schools get compared to the ones in Australia and New Zealand and are picked apart to see how people experienced homophobia. Researchers Tonya Callaghan and Tanya Surette are presenting.

For more information visit: congress2016.ca.

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Ontario Premier Kathleen Wynne, left, and Alberta Premier Rachel Notley, right, discussed an energy innovation partnership between Alberta and Ontario at the Alberta Legislature Building on Thursday. CODIE MCLACHLAN/THE CANADIAN PRESS

Wynne in Wildrose's crosshairs

POLITICS

Opposition party ridicules Ont. premier at legislature

Ontario Premier Kathleen Wynne came to Alberta to talk environment but instead found herself publicly ridiculed on the floor of the legislature as the leader of a failed, debt-ridden enterprise.

As Wynne looked on from the Speaker's gallery during question period Thursday, the opposition Wildrose party demanded to know why Wynne, a Liberal, was invited while right-centrist and next-door-neighbour Saskatchewan Premier Brad Wall was not.

"Invite Premier Wall here! Invite Premier Wall," Wildrose finance critic Derek Fildebrandt shouted at Premier Rachel Notley as she tried to answer a question.

At one point government house leader Brian Mason looked across the aisle at Fildebrandt and said matter-of-factly, "you are so tacky." Fildebrandt held up Ontario as an example of what not to do in government given that Alberta is now moving to rack up high debt loads to pay for capital and operating spending. "Currently Ontario has the largest subnational sovereign debt on the planet," Fildebrandt told the house.

Fildebrandt's comments had NDP members visibly seething on their side of the house. Wynne, for the most part, sat expressionless, save for the occasional wry smile. Notley eventually had enough. "In the past, when Alberta has actually been able to play a leadership role in the country, they have done so by being grown ups," she said.

"Just today we have had demonstrated to all Albertans very clearly why these folks over there (the Wildrose) are simply not ready to govern." Earlier Thursday, Wynne met with Notley and later, to reporters, praised Notley's climate change plan.

> "Just today we have had demonstrated to all Albertans very clearly why Wildrose are simply not ready to govern."
> Rachel Notley

Wynne said Notley's blueprint to reduce Alberta's carbon footprint gives the province more social licence to pitch for more energy infrastructure such as pipelines. Wynne said Alberta's actions also benefit the rest of the country as it wrestles with issues surrounding environmentally responsible development.

Ontario is soon rolling out its own climate change plan.

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Karrie Marshal uses puppetry when working with Alzheimer's patients. COURTESY WP PUPPET THEATRE

Where feelings and felt coincide

SCENE YYC

Puppet Power aims to reach the ill, bridge generations

Aaron Chatha
Metro | Calgary

Calgary's puppet work could use a hand.

The annual Puppet Power conference takes place this weekend, bringing in guests from all over the world to teach puppet techniques and talk about how puppets can be used in health and education.

This year's theme is "connecting generations." Artistic director of WP Puppet Theatre and event organizer Wendy Passmore-Godfrey said this is where puppeteers meet people in the industry and inspire others to pick up puppetry.

"For example, if you had a puppeteer who was doing puppet birthday-party shows but wanted to expand into care homes, this is a place where they might make those connections," she said.

The guest lineup is practically overflowing with diverse talent, including Karrie Marshal from Scotland. She works with seniors in dementia or Alzheimer's care and reaches them through puppetry.

Marla Limousin, a puppeteer from B.C., will talk about her work with First Nations elders, who felt their youth were losing their identity and history and wanted to create a puppet show.

"When I saw the puppets in her studio that she'd used, they were like pieces of Inuit art. They were made out of caribou, bone, sinew and other skins and pelts," said Passmore-Godfrey. "It was amazing. I felt like I was in a Canadiana gallery."

The workshops include a session with Eric Bass focused how to make a puppet breathe.

There's even a panel on robots, which Passmore-Godfrey calls cousins of puppets.

> **They're a voice you speak through.**
> Wendy Passmore-Godfrey

Not just for fun and games, she feels puppets can be a vital tool to help people with their mental health or simply to absorb knowledge and express themselves in a new way.

"They're a voice you speak through," she said. "They can be a personality that is other than you. They're childlike in a way that they simplify an issue down to its bare essence."

DETAILS

Puppet Power takes place May 28 and 29. For more information, visit wppuppet.com.

Hollywood career stunt double Dick Warlock played Michael Myers in Halloween II. COURTESY DICK WARLOCK

Life as a stunt man

HORROR CON

As seen in Jaws, Halloween, Dick Warlock visits Calgary

Aaron Chatha
Metro | Calgary

Until his retirement in 2002, Dick Warlock was one of Hollywood's leading stunt men. He was Kurt Russell's personal stunt double, Michael Myers in Halloween II and did the underwater acts in Jaws. Warlock barrel-rolls into Calgary Horror Con on June 11 and 12.

After a lifetime of stunts, does anything scare you?
Do you know anything about Los Angeles? They have a freeway called the 405. That's more frightening, getting to work on the 405, than anything I've done in the business.

You have unforeseen things that happen, like at the end of Halloween II when I burned my arm. I had no idea that was going to happen, because I wasn't that familiar with the burn suit I was using. It was loaned to me by a friend. It had zippers in the sleeves that ran almost to my elbows. I didn't think about it, but those zippers got real hot and just transferred that to my forearms."

Do stunt men get enough recognition?
That was the idea, in the beginning. Don't let the secrets out, because the actors would go on Johnny Carson's show and they say, well, I did that. For the longest time, Richard Dreyfuss would never admit that he didn't do the underwater stuff (in Jaws).

But then the big Hollywood hotshot Hal Needam … he directed a movie called Hooper, where he let the cat out of the bag about everything. Airbags, wires, all kinds of stuff. He was the master of 'don't let anybody know we do tricks.' It's all Hollywood magic and the actors do everything.

What is the most dangerous stunt you ever took part in?
I lost my regulator on the set of Jaws when we were doing that underwater stuff and I didn't know whether I was going to get it back or not. I was signalling, trying to tell somebody that I was out of air — I was running my hand across my throat. Finally, I found my regulator, and nobody really knew about it until later.

You have those things happen, that's part of it. I was never part of anything where I was looking death in the eye. I can honestly say that.

WEEKEND EVENTS

FRIDAY — New Universe
The Decidedly Jazz Dance Centre premieres their first performance in their new downtown. With original music by New York jazz musician William Parker, New Universe explores everything in the company's new universe, ranging from small to fantastically large.
For more information, visit decidedlyjazz.com.

SATURDAY — Garter Girls
The Garter Girls host their annual May Soiree and Student Showcase. The Calgary performance art collective repurposes burlesque and comedy traditions to investigate the body and it's relationship to contemporary situations.
For more information, visit thegartergirls.com.

SATURDAY — Rubik's Cube Competition
How fast are your fingers? The Calgary Open Spring 2016 is the city's first speedcubing competition. Competitors can register for 2x2x2, 3x3x3, one-handed, pyraminx and more. Official results will be registered with the World Cube Association.
For more information, visit canadiancubing.com

SUNDAY — Splash of Colour
ArtMatch is raising support for local artists with their Splash of Colour showcases. Feature 25 local painters, a portion of the proceeds will go to a non-profit research organization aimed at helping individuals with disabilities. There's also a 48 hour no-obligation trial of any painting.
For more information, visit artmatch.ca
AARON CHATHA/METRO

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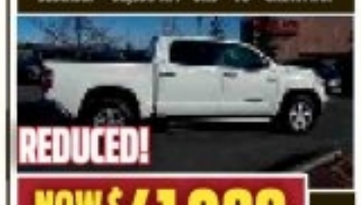
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Wind, coal energy both hit records in Alberta

ELECTRICITY

Province seeing more renewable projects, says spokesperson

Ryan Tumilty
Metro | Edmonton

Alberta's electricity grids has seen both its lowest use of coal and its highest use of wind in just the past few months.

On April 9, at 1 a.m., wind energy made up 22 per cent of the province's energy generation and on May 8 at 8 a.m. coal made up just 34 per cent of the province's energy, according to the Alberta Electric System Operator.

Both were records.

Angela Anderson, a spokesperson with AESO, confirmed the record totals and said the organization is seeing a lot more renewable projects coming onto the market.

"Definitely we have had a lot of wind generation added," she said. "Wind was very high on that day and in the last few weeks we have had a lot of wind in the province."

But the record highs and lows are not the norm — coal still typically provides a significant portion of the province's electricity.

Anderson said that would change as coal plants are phased out, beginning in 2019. She said renewable won't be able to fill all of that gap, which is why many natural gas generation plants are coming online.

"We forecast it is still going to serve a large part of the load," she said. "You're always going to need a base load to fill that spot."

Bales sit in a field beside **the McBride Lake East wind turbines**, located near Fort Macleod, Alta. THE CANADIAN PRESS FILE

22%

Percentage of Alberta's energy use that was provided by wind energy on April 9.

34%

Percentage that was provided by coal in May this year. Coal usually carries a lot of the load for the province's energy system.

+ GOAL

Alberta could cover half its electricity with renewables: Expert

A green energy expert says the stars are aligning for Alberta's push toward renewable energy.

David Dodge, producer of the multimedia research and storytelling project Green Energy Futures, said the provincial government's ongoing $3.4-billion investment over five years comes at a time when renewable energy sources are cheap and innovation is soaring.

"Solar is getting cheaper and cheaper every day, wind is probably the cheapest source of electricity money can buy today," he said, noting prices for producing solar power are 100 times lower than in 1977.

Portugal made international headlines recently by covering all of its electricity consumption with wind, solar and hydro power sources for 107 hours. Dodge said while other places around the world could likely hit that target soon, thanks to "absolutely stunning" innovation in the field, it's still out of reach for Alberta. He said Alberta's goal of reaching 30 per cent reliance on renewable energy by 2030 is realistic.

"For us, it's a bigger challenge. Because we had abundant coal resources, we have abundant fossil fuels. So we invested in the cheap stuff, not knowing that someday we would have a problem with the pollution produced by it," Dodge said.

"But I think us getting to 50 per cent is totally doable. And it will probably happen."

KEVIN MAIMANN/METRO

BUBBLIN' CRUDE

Why oil prices are up

Benchmark oil prices averaged below US$35 per barrel in the first three months of this year but they've strengthened to about $50 US. What's driving the rally in West Texas Intermediate and other types of crude? Put simply, it's supply and demand.

Here are five reasons that oil prices are strengthening:

1) U.S. oil production is down. The U.S. Energy Information Administration reported Wednesday that crude oil production in the United States fell to 8.77 million barrels per day, the lowest in 20 months. Producers have spent less to replace depleted reserves. Crude inventories are also down.

2) Wildfires near Alberta's oilsands have reduced Canadian output. Calgary analyst Martin King of FirstEnergy Capital says he now estimates a total of 700,000 barrels per day of oilsands output will still be offline next week and the cumulative loss in production to May 30 will be roughly 28 million barrels.

3) International oil supplies disrupted. Attacks by militants in Nigeria have cut output there to a 20-year low. Meanwhile, Venezuelan production has been hit by power cuts.

4) Oil demand is stronger than expected. Gasoline demand in the United States rose to 9.6 million barrels per day last week compared with 9.2 million in the same week a year ago, according to the U.S. Energy Information Administration, as Americans take to the roads to enjoy prices at the pump that are 20 per cent lower than a year ago.

5) Iran's influence on prices has been muted. When exports resumed in January after an embargo was lifted, most analysts expected prices to fall. That hasn't happened despite the country ramping up to over two million barrels per day.

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The Just-Eat of school lunches

HEALTHY HUNGER

Startup allows parents to plan meals online

Aaron Chatha
Metro | Calgary

School lunches have never been so gourmet.

Calgary startup Healthy Hunger has grown like a well-fed belly since it launched five years ago.

The service is relatively simple. Healthy Hunger provides parents with an online service through which they can select what little Timmy or Jenny will have for lunch the next day at school. The list includes local restaurants, so parents create the menu and pay directly online.

It comes from the idea of traditional school pizza days but streamlines the process to allow schools to use the system as often as they like, but without all the paperwork.

"Before, with a paper order form system, it was sent in at the beginning of the year and they'd order for that whole year," said CEO Jordan DeForest. "This puts everything in one central place, no matter which restaurants they're working with, or if they're doing pizza days or hot-dog days."

> **"This puts everything in one central place."**
> Jordan DeForest

In its first year, only six Calgary schools signed on. Now there are 180 schools in Calgary, with more in Edmonton, Saskatoon and Regina signing up. DeForest expects them to generate between $6 million and $7 million in gross sales for its restaurants in the 2016-17 school year.

Next year, DeForest hopes to relaunch the website with more options for users, as well as a catering service geared toward clubs, such as school bands, and even corporate events.

"You've got to be nutritious and keep everybody healthy with lots of energy," he said.

Healthy Hunger has grown since it launched five years ago. COURTESY HEALTHY HUNGER

CHARITY

Singer brings tears, funds for homeless

Lucie Edwardson
Metro | Calgary

One Calgary singer-songwriter is using his talent to help change the lives of the city's homeless population.

Aaron Pollock's song Blue Sky Won't Break, which he wrote for the Calgary Homeless Foundation (CHF), was released last week on iTunes, with all proceeds going directly to CHF.

Pollock said that after being asked by CHF to write "a love song for the homeless," it was important to him to write a song that would resonate with those who are, or who have been, homeless.

Pollock said he made sure to do in-depth research by visiting many CHF facilities, watching the CHF documentary Do you see me? and meeting with its clients and trying to understand their plight.

"The big takeaway was that their situation was degrading them as a person, and being homeless sort of took away their sense of identity and their sense of a place in the world," he said. "Their situations made them feel like there was no good within them, making them feel useless and devalued."

Pollock said he drew on some of his own experiences.

"Ultimately there are times in everyone's life when they feel hopeless and not worth anything and feel like they've been brought to their lowest point," he said.

Using the sky as a metaphor made sense to Pollock.

"Much like how dark clouds cover up a blue sky, dark times in a person's life can cloud who they really are," he said. "But, at the end of the day, there is a bright light beneath the surface for every person, and that just can't be taken away."

Pollock said in meeting many CHF clients he learned that each person has a unique personality, a history and people who love them — qualities everyone can relate to.

Sharon deBoer, director of development at the CHF, said the song has had a very positive impact on their community.

"It's really an emotional song, so it's not unusual to see a couple of tears shed in the crowd," she said. "It does strike a chord with people for a variety of reasons."

Pollock will perform his song at the Stampede Party With a Purpose, running July 12-14, alongside acts such as George Canyon.

Aaron Pollock recorded Blue Sky Won't Break for free to benefit the Calgary Homeless Foundation. CONTRIBUTED

Theatre Junction marks 25 years

CULTURE

Anniversary season focuses on movement, documentary

Aaron Chatha
Metro | Calgary

Documentary theatre steps into the spotlight for the 25th season at Theatre Junction.

Porte Parole's Annabel Soutar leads her family through a cross-country trip across Canada, investigating the forces that shape the future of Canada's natural resources. Specifically: what will happen to our water?

"It's really about policy on water from the government, right down to what we think about using water in our cities," said Mark Lawes, Theatre Junction artistic director.

"It's an issue that I think is very poignant right now, and lots of people are thinking about it."

Called The Watershed, it lands near the end of next season, in March 2017.

When putting together the new lineup of shows, Lawes said he was attracted to work that provokes emotion in him — art that is a catalyst for change.

The season closes with Circa, an Australian indie circus, performing When a Door Closes.

It's an important year for Lawes — he first started Theatre Junction in 1991, where it was based out of the Jubilee auditorium.

In 2004, Theatre Junction made a bid to save the Grand Theatre, which had stood in Calgary for more than a century, but was slated to be demolished. They began the process of moving in, and Theatre Junction Grand officially opened 10 years ago.

Australian indie circus act Circa brings When a Door Closes to Calgary's Theatre Junction Grand this season. COURTESY

TRANS MOUNTAIN EXPANSION

Emission requirement will up costs: Company

The company behind the Trans Mountain expansion says an unprecedented requirement to account for and offset greenhouse gas emissions for pipeline construction will add millions of dollars in costs to the $6.8-billion project.

But Ian Anderson, president of Kinder Morgan Canada, says he still welcomes the new condition because it gives the company a chance to reduce its environmental footprint.

Ian Anderson, CEO of Kinder Morgan speaks during an interview at the company's offices in Calgary on Thursday. JEFF MCINTOSH/THE CANADIAN PRESS

Last week, the National Energy Board gave a conditional blessing to the project.

But along with it came a requirement that within four months of the pipeline's startup, Kinder Morgan must account for the greenhouse gas emissions from its construction and present a plan outlining measures on how to reduce their net impact to zero.

Anderson says construction of the expanded pipeline is estimated to result in one million tonnes of greenhouse gas emissions.

He says the company is working on an offset plan that could include planting trees to sequester carbon and buying emission credits from other parties, but it doesn't yet have a cost estimate.

The NEB's recommendation has been forwarded to Ottawa where cabinet is expected to make a final decision in December.

The Trans Mountain expansion between Edmonton and Burnaby, B.C., would nearly triple the existing crude oil pipeline's capacity to 890,000 barrels per day.

THE CANADIAN PRESS

FORT MCMURRAY

Woman accused of posing as evacuee

Another person has been charged for allegedly posing as a Fort McMurray wildfire evacuee.

RCMP in Claresholm, Alta., say they got a complaint on May 12 from Family and Community Support Services about a couple that appeared to be pretending to be fire evacuees.

Police say an investigation found the couple had never actually lived in Fort McMurray and had no ties to Alberta.

Mounties say residents of Claresholm gave the couple a place to stay, clothes, meals and bought work boots.

Thirty-nine-year-old Jamie Lynn Cox, of Victoria, B.C., is to appear in Fort McLeod court on June 1 on five counts of fraud under $5,000.

Darryl Rondeau, who is 39 and also of Victoria, pleaded guilty Wednesday to fraud under $5,000 in Fort McLeod court and was sentenced to 30 days in jail.

THE CANADIAN PRESS

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Vickers tackles Dublin protester

IRELAND

Canadian hero both lauded and criticized for actions

When Prime Minister Justin Trudeau and his ministers crowed after taking office that "Canada is back" on the world stage, people probably thought more of diplomats like Lester Pearson than Kevin Vickers.

Vickers, the former Commons' sergeant-at-arms celebrated as a hero after an armed attacker was shot and killed inside the Parliament buildings in 2014, was appointed Canada's ambassador to Ireland by way of reward.

On Thursday in Dublin, at a ceremony to honour British soldiers killed during 1916's Easter Rising of Irish nationalists against British occupation, Vickers grappled with a protestor in the sort of physical intervention not typically regarded as diplomatic.

The Global Affairs Department said in a statement that Vickers "intercepted a protester who ran up to the podium" during the commemoration at a military cemetery.

However, a video of the incident shows Vickers stepped forward as the protester shouted "This is an insult!" Vickers grabbed the man and hauled him away. The man was then handcuffed and taken away by Irish police and the ambassador returned to his place to observe the ceremony.

It was a sensitive event given the deaths of hundreds of Irish nationalists in 1916, the execution of leaders of the uprising, and the subsequent declaration of martial law by the British and the arrest of thousands of citizens.

While some social media commentators hailed Vickers as a Canadian superhero, questions were raised about why he attended such a potentially divisive event, and why the ambassador felt it appropriate to engage physically with a lone protester taking public issue with a state event in his own country.

Kevin Vickers as sergeant-at-arms in 2014. THE CANADIAN PRESS

David Mulroney, a former Canadian ambassador to China who is now a senior fellow at the Munk School of Global Affairs, warned against a rush to judgment.

If Vickers considered the man a legitimate safety threat, then acting on his police training was probably instinctive and justified, Mulroney said.

"The other side of it is — and this you do get instructions on — you're there to represent the government and people of Canada and you are to stay out of domestic politics," he said.

"In this case, if he was objecting — not because he thought this was endangering people, but because he thought it was inappropriate for the event — then you are crossing into local politics. That's something for the Irish to work out. You're not there as an honorary member of the Garda (the Irish police)."

TORSTAR NEWS SERVICE

Canadian Ambassador to Ireland Kevin Vickers, left, wrestles with a protester in Dublin on Thursday. THE CANADIAN PRESS

JAPAN

PM touts trade to G7 leaders

Justin Trudeau talked up trade and warned of creeping protectionism Thursday as he met powerful world leaders in a G7 setting for the first time.

On the opening day of the G7 summit in Japan, Trudeau also used his audience with the heads of some of the planet's biggest economies to promote Canada's free-trade deal with Europe.

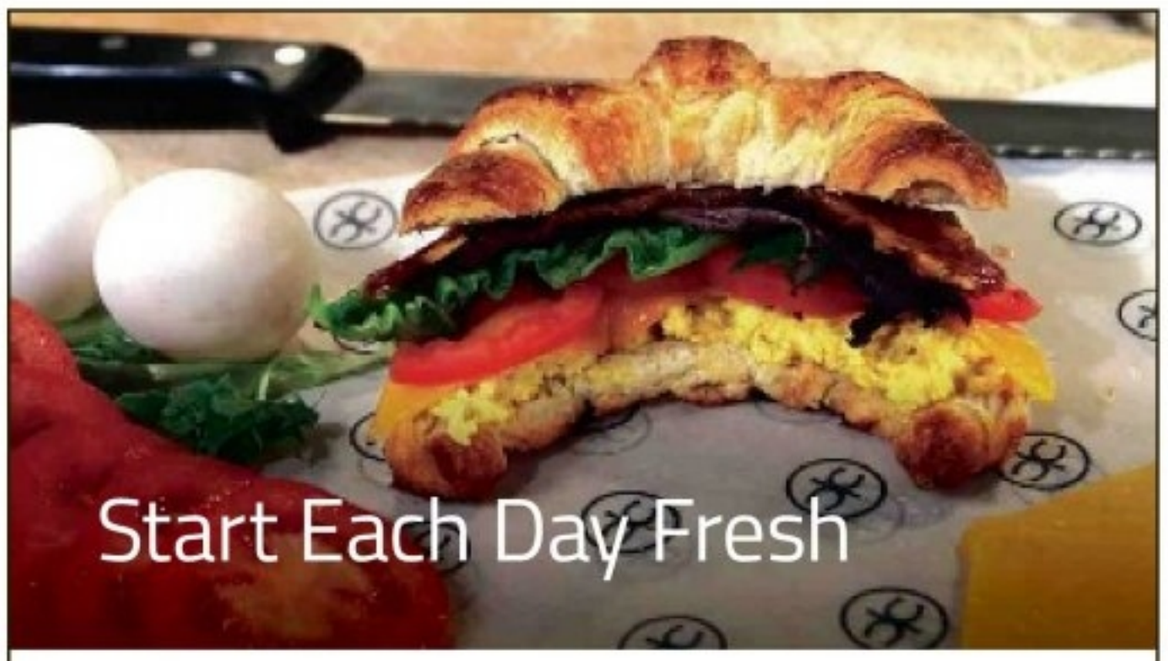
He focused on the Canada-European Union treaty, known as CETA, in a bilateral chat with German Chancellor Angela Merkel.

Trudeau discussed the pact again in a one-on-one meeting with French President Francois Hollande.

And, in a working session with all the leaders, Trudeau once more touted the merits of international trade.

"When the middle class are anxious about their economic realities in their future, it's easy to get trapped in demagoguery and protectionism," Trudeau told said at the remote Shima resort, which was shielded by barbwire-topped fences, checkpoints and waves of security officers.

THE CANADIAN PRESS



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Chemist gets $50K in funding to fight Zika

INNOVATION

B.C. researcher developing low cost tools for health workers

Thandi Fletcher
Metro | Vancouver

As a child growing up in Brazil, Alexandre Brolo remembers seeing dengue fever outbreaks in his home country.

Every year, he said authorities would struggle to control the mosquito-borne illness, which can cause high fever, rash, and debilitating muscle and joint pain— even severe bleeding and death in severe cases.

"Now Zika came along, which is spread in a similar way," Brolo told Metro. "It's just amazing that the authorities keep doing the same thing each year but the problem is still there."

Now a chemist at the University of Victoria, Brolo has received $50,000 in funding from Grand Challenges Canada, a federally funded body that supports public health innovations, to develop two new tools aimed at helping in the fight against the Zika virus.

One of the tools is a low-cost plastic strip coated with nanoparticles that change colours when it comes into contact with infected saliva. Connected to a smartphone, the device uploads the time and geographical location of the infected person to a database, he said.

Brolo said he chose to create a saliva screening-tool rather than blood, because blood samples require more technical expertise and can be hazardous.

The saliva tool can be used in the field by workers with minimal training and can upload information in real time, which he said is key to containing outbreaks.

A member of the National Health Foundation fumigates against the Aedes aegypti mosquito. EVARISTA SA/AFP/GETTY IMAGES

"That's the kind of information that's important for people who are at the frontlines," he said. Brolo and his colleagues are also developing an app that uses a smartphone camera to detect the presence of mosquito larvae in stagnant water, while also recording the time and location of the photo.

With that information, he said governments can use insecticides to kill mosquitoes in that area before an outbreak begins.

-WITH FILES FROM THE CANADIAN PRESS.

University of Victoria chemist Alexandre Brolo wants to contain outbreaks. CONTRIBUTED

SOLDIERS HELPING SOLDIERS

This spud's for you

Emma Jackson
Metro | Ottawa

Take one sunny balcony, add one garbage bag, a healthy serving of soil, a pinch of bone meal, and some sprouting potatoes. Add water and wait.

That simple recipe could yield you up to 100 pounds of potatoes this summer – a bounty one charity hopes you'll donate to your local soup kitchen.

Soldiers Helping Soldiers has launched the Grow Potatoes program, which aims to feed Ottawa's hungry right from the city's balconies and backyards.

To get started, you don't even need a proper planter: just grab "a big old garbage bag," punch some drainage holes in the bottom and fill it up, said retired sergeant Dannelle Gauthier, the project's co-ordinator.

A single medium-sized planter can yield 20 pounds of nutritious, filling potatoes from just five seeds. Thank goodness, because the average Ottawa soup kitchen uses about 120 pounds a day, Gauthier said.

As the potatoes grow, residents can store them unwashed until Sept. 17, when the veterans charity hopes to haul in 40,000 pounds.

"You can just imagine the impact that would have on our community," Gauthier said.

Coun. Stephen Blais has already planted enough for 100 pounds in his Orleans backyard. He encouraged even the most unseasoned gardeners to join in.

"They're relatively easy to do," Blais said. "You don't have to be a green thumb to do it."

For complete planting instructions, visit justfood.ca/soldiers-helping-soldiers.

Ottawa Coun. Stephen Blais, left, and retired Sergeant Dannelle Gauthier plant potatoes. EMMA JACKSON/METRO

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Strikes erupt across France

LABOUR

Thousands march, 77 detained over reform bill

A man holds flowers and a torch as he faces riot police during a demonstration against the government's planned labour reform in Lyon, France. AFP/GETTY

Volley after volley of tear gas poisoned the Paris air Thursday, as authorities struggled against nationwide strikes and a groundswell of public anger at a high-stakes government attempt to change the way France views work.

Oil refineries shuttered. Nuclear were plants on hold. Dock workers hurled firecrackers. Union activists cranked up the tensions to try to force President Francois Hollande to abandon a labour bill that gives employers more flexibility and weakens the power of unions.

The big question is whether Thursday's burst of labour action fizzles out after the one-day strikes end, or inspires lasting unrest.

Prime Minister Manuel Valls opened the door to possible changes in the labour bill that's triggering all the anger — but said the government wouldn't abandon it. Union activists said it's too late to compromise. Posters at a protest in the port of Le Havre bore a blood red tombstone representing the bill reading: "Not amendable, not negotiable: Withdraw the El Khomri Law" — referring to Labour Minister Myriam El Khomri.

The draft law, aimed at boosting hiring after a decade of nearly 10-per cent unemployment and slow but corrosive economic decline, relaxes rules around the 35-hour work week and leaves workers less protected from layoffs.

Determined to defend worker protections, union activists have staged months of protests and targeted the strategic fuel industry in recent days, causing gasoline shortages. The country's two main oil ports were blocked Thursday and only two of the France's eight refineries were working, the head of the UFIP oil industry lobby, Francis Duseux, told The Associated Press.

"There could be improvements and modifications" in the bill, Valls said on BFM television Thursday. He didn't elaborate on what might be changed, and insisted that the "heart" of the bill - Article 2, which weakens the power of unions over workplace rules - should remain.

THE ASSOCIATED PRESS

+ REACTIONS

Unions condemn draft law

Prime Minister Manuel Valls insisted the bill is "good for workers" and small businesses.

In addition to loosening rules about the 35-hour work week, the bill makes it easier to fire workers in times of economic downturn, and weakens the power of unions to set working conditions.

HEALTH CARE

Hospitals targeted in attacks

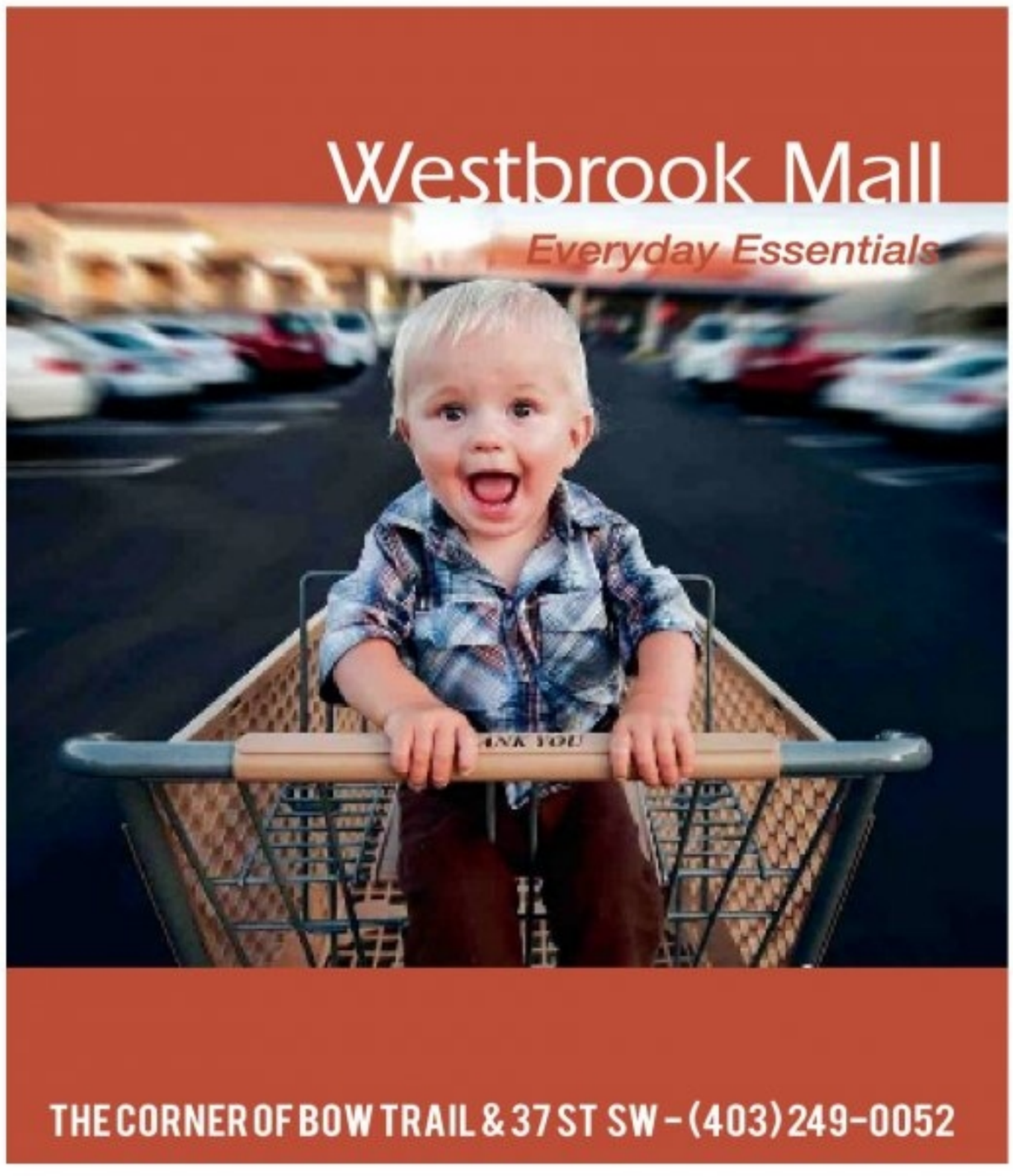
Nearly 960 people have been killed worldwide in attacks on medical facilities in conflicts over the past two years, the World Health Organization said in a report Thursday that highlighted an alarming disrespect for the protection of health care in war by both governments and armed groups.

The study by the U.N. health agency detailed 594 attacks on hospitals and clinics in the Middle East, Africa and elsewhere in 2014 and 2015 that killed 959 medics, support staff, patients and visitors and left over 1,500 injured.

Most disturbingly, the report says over 60 per cent of the attacks deliberately targeted the medical facilities, while 20 per cent were accidental and the rest were undetermined.

"This is a huge problem. Attacks on health workers are not isolated, they are not accidental and they are not stopping," said Dr. Bruce Aylward, the head of emergency response at WHO.

THE ASSOCIATED PRESS



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Trump triumphs

U.S. ELECTION

Front runner shifts focus to Hillary Clinton

Republican Donald Trump THE ASSOCIATED PRESS

With a triumphant pile of delegates in hand, Republican Donald Trump on Thursday claimed support from "almost everybody" in his party and turned his attention to his likely Democratic presidential opponent, Hillary Clinton, who is still locked in a divisive primary contest.

The New York billionaire reached the number of delegates needed to clinch the GOP nomination hours earlier, according to the Associated Press count, just before a North Dakota campaign stop. It completed his unlikely rise that has upended the political landscape and set the stage for a bitter fall campaign.

"Here I am watching Hillary fight, and she can't close the deal," he told reporters. "We've had tremendous support from almost everybody."

Trump's good news was tempered by his own continuing campaign problems. Those include the abrupt departure of his political director and continuing resistance by many Republican leaders to declare their support for his upstart candidacy.

Trump was put over the top in the AP delegate count by a small number of the party's unbound delegates who told the AP they would support him at the national convention in July. Among them was Oklahoma GOP chairwoman Pam Pollard.

"I think he has touched a part of our electorate that doesn't like where our country is," Pollard said. "I have no problem supporting Mr. Trump."

It takes 1,237 delegates to win the Republican nomination. Trump has reached 1,239. Of those, 95 are unbound delegates who have endorsed him.

With 303 delegates at stake in five state primaries on June 7, Trump will easily pad his total, avoiding a contested convention in Cleveland.

Trump fought off 16 other Republican contenders in an often ugly primary race.

Many on the right have been slow to warm to Trump, wary of his conservative bona fides. Others worry about his crass personality and the lewd comments he's made about women.

THE ASSOCIATED PRESS

A woman holds a baby as she disembarks from an Italian Navy ship. THE ASSOCIATED PRESS

MEDITERRANEAN

4,000 migrants rescued in one day

More than 4,000 would-be refugees were rescued at sea Thursday in one of the busiest days of the Mediterranean migrant crisis, and at least 20 died trying to reach Europe as Libyan-based smugglers took advantage of calmer seas to send desperate migrants north.

The death toll was likely to grow far higher, however, as the Libyan coast guard also reported two overturned boats between the coastal cities of Sabratha and Zwara. Only four bodies were found, raising fears that the rest of those on board had perished.

Overall, the Italian coast guard said it had co-ordinated 22 separate rescue operations Thursday that saved more than 4,000 lives.

"That probably is a record," said coast guard spokesman Cmdr. Cosimo Nicastro, noting that previous highs have been in the range of 5,000 to 6,000 over two days.

At least one smugglers' boat sank off Libya's coast, and 20 bodies were spotted floating in the sea, said Navy Lt. Rino Gentile, a spokesman for the EU's Mediterranean mission. Photos tweeted by the mission showed a bright blue dinghy submerged under the weight of migrants waving their arms in hope of rescue as an EU aircraft flew overhead.

None had a life jacket.

Two Italian coast guard ships and the Spanish frigate Reina Sofia responded to the scene. Nicastro said 96 people were rescued.

Barbara Molinario, spokeswoman for the UN refugee agency in Italy, said favourable weather conditions in May to October often encourage migrant crossings. She said prior to the recent rescues, some 40,000 people had been rescued so far this year, compared to 47,500 over the same period in 2015.

Among those coming ashore Thursday in Sicily were the survivors of a dramatic capsizing a day earlier off Libya's coast. Footage provided by the Italian navy showed the steel-hulled smuggler ship rocked under the weight of its passengers and finally flipped, sending migrants into the water or clambering up the side.

The Italian navy vessel Bettica brought the survivors and five bodies ashore in Sicily. Red Cross workers took at least one migrant away in a stretcher, while rescue teams carried children down the plank to shore.

THE ASSOCIATED PRESS

NOTICE OF HEARING FOR AN APPLICATION FOR A TEMPORARY GUARDIANSHIP ORDER AND CUSTODY ORDER TO:

MELISSA BIG PLUME

Take notice that on June 3rd, 2016 at 9:30AM o'clock in the forenoon, a hearing will take place in the Family and Youth Court, located at the Calgary Court Centre, 601, 5th Street S.W. in the City of Calgary, in the Province of Alberta. A Director under the Child, Youth and Family Enhancement Act will make an application for a Temporary Guardianship Order and Custody Order on a matter in which you are interested. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: SHAUNA SIMON
SIKSIKA FAMILY SERVICES
CALGARY, ALBERTA

Telephone: (403) 272-6004

VENEZUELA NATION FACING POLITICAL UNREST Opposition protesters shout out "Maduro" during a demonstration demanding the government pursue a referendum to recall President Nicolas Maduro, in Caracas, Venezuela on Wednesday. ARIANA CUBILLOS/THE ASSOCIATED PRESS

Muslim mob attack on Christian homes

EGYPT

Several houses burned, old woman beaten and stripped

A Muslim mob stripped an elderly Christian woman and paraded her naked on the streets in an attack last week in which seven Christian homes were also ransacked and torched in a province south of the Egyptian capital.

According to the local Orthodox Coptic church and security officials, the assault in the Minya province village of Karama on Friday began after rumours spread that the elderly woman's son had an affair with a Muslim woman — a taboo in conservative Egypt.

Police have arrested six men suspected of taking part in the violence and are looking for 12 more, the security officials said, speaking on condition of anonymity because they were not authorized to speak to the media. President Abdel-Fattah el-Sissi called for the culprits to be held accountable and gave the military a month to restore property damaged during the violence, at no cost to the owners.

In a statement issued by his office, el-Sissi said Egypt appreciates the role of "glorious Egyptian women" and that "the rights and the protection of their dignity are a humanitarian and patriotic commitment as well as a legal and constitutional one."

Anba Makarios, Minya's top Christian cleric, told a talk show host on the private Dream TV network that the 70-year-old woman was dragged out of her home by the mob who beat her and insulted her before they stripped her off her clothes and forced her to walk through the streets as they chanted Allahu Akbar, or "God is great."

THE ASSOCIATED PRESS

> **We're not living in a jungle or a tribal society. It's incorrect for anyone to declare himself judge, police and ruler.** Anba Makarios

POLITICS

China gives top Marx to rap song

The latest hot topic for Chinese rappers is a bearded 19th century German philosopher who wrote a book called "The Communist Manifesto."

Chinese state media are promoting a new rap song praising Karl Marx, in the latest attempt to leverage popular culture in support of the ruling Communist Party.

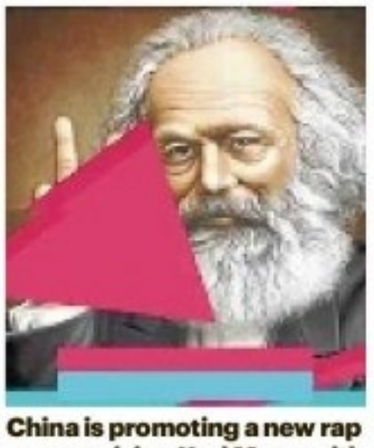
Entitled "Marx is a post-90" — China's version of a millennial — the song extols the communist godfather's supposed coolness with lyrics such as, "Life is full of little accidents, then one day I discovered how awesome he was."

"I saw my faith, don't even ask why," it continues. "You are my Venus, my dear Marx."

The website of the party newspaper People's Daily said the song proves how Marx continues to appeal to young people and will "never completely go out of style."

The site said an accompanying video featuring midriff-baring dancers, a DJ and rappers in backward caps and jerseys has "gone viral."

THE ASSOCIATED PRESS



China is promoting a new rap song praising Karl Marx, with a video to match. SCREENGRAB

ADVERTISING FEATURE

CALGARY DEALERSHIP CLEARING OUT ALL USED VEHICLE INVENTORY UP TO 50% OFF!!!

Carl Holst, Sales Manager at **Stampede Toyota,** just announced plans to hold a Used Vehicle Spring Clear Out Sale with savings up to 50% off every Used Vehicle in stock **Taking Place May 28, 2016.**

According to Mr. Holst, increased sales from the last few months have resulted in an overstock of tradeins. "In the last three months our sales have increased at a higher than expected rate", Holst said. "Now, we have too many cars and trucks on our used lot and must reduce this to a more manageable number.

During this Used Vehicle Clear Out Sale every used car and truck will be sold with discounts from 10% up to 50% off the original asking price. Our customers will find these prices thousands of dollars lower than our competition and even lower than the auctions." Mr. Holst Said. Auction bidding often inflates the true value of a car so you pay more. Here every car and truck is on sale up to 50% off, first come first served and no bidding.

It's the perfect opportunity to get a good quality used car at these amazingly reduced sale prices. This unheard of approach to selling used vehicles will make it easy and quick for anybody in the market for a good used vehicle to get a great car or truck at a very low price with no hassle or the need for endless haggling.

One of Calgary's largest import dealers is overstocked and is forced to sell used cars and trucks for as low as 50% OFF May 28, 2016, during a one-day sale event.

"Wholesale buyers will be represented to take trade-ins during the sale," Mr. Holst said. at the lowest price in the city. All cars are on display at **Stampede Toyota on Barlow Trail, 2 blocks north of the Trans Canada Highway.** This Sale is one day only, doors opening at 8:30 am. Those who arrive early will get the best selection.

Prices will be posted on the windshields and customers will be given the opportunity to purchase the vehicle

"We also have four business managers who will help buyers arrange affordable financing options."

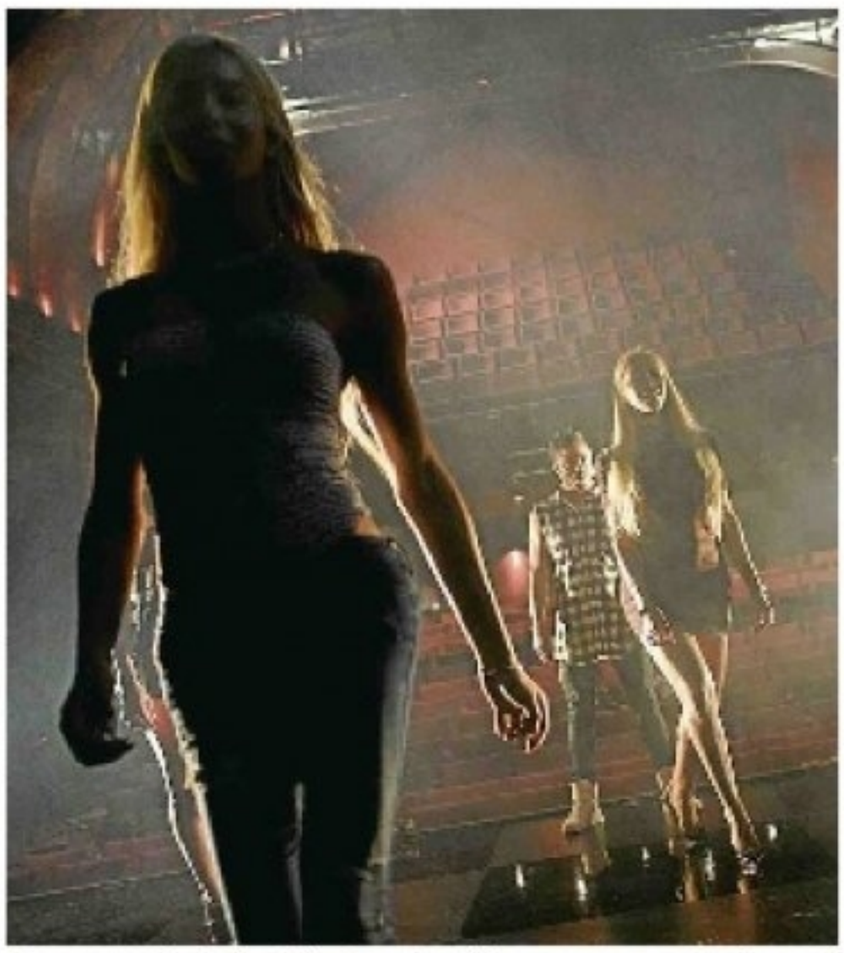
We've got over $10 Million Dollars in inventory to choose from. Our total Inventory will be close to 400 new and used cars and trucks to choose from. We want to remind everyone again that this is a oneday sale only. When their inventory has been reduced, they will remove the sale prices and return to normal operations.

"Since we are a local business we would like to give back to the community we are in," Mr. Holst said. "We would rather allow local people to buy these overstocked vehicles than have to wholesale them at an auction."

All cars will be clearly marked with discounts from 10% up to 50% for the entire day. Be sure to get down there early for best selection and take advantage of this opportunity to get the vehicle you have been waiting for, at the price you have been waiting for.

Due to the volume of sales during this event, please no telephone inquiries.

AMVIC Licensee



Contestants in the first Miss Trans Israel beauty pageant practice on the stage Thursday, during rehearsal in Tel Aviv, Israel. ALL PHOTOS THE ASSOCIATED PRESS

Pageant time in Tel Aviv

COMPETITION

Miss Trans Israel crown up for grabs

Contenders in Israel's first transgender pageant have been polishing their moves this week ahead of Friday's competition.

The 12 finalists are aiming to become Israel's first "Miss Trans Israel." They have spent long hours this week practising their routines, strutting in stiletto heels and modeling evening gowns and swim wear.

The competition is more than a show of beauty and pride.

It also is a display of coexistence and tolerance, bringing together contestants from Israel's Jewish, Muslim and Christian communities. The contestants describe themselves as a family of sorts, saying they find strength in one another.

"I'm happy that the competition is bringing together all of the ethnic groups, and together they are a model of coexistence," said Israela Stephanie Lev, the pageant's organizer. "I hope this model can be an example for our society, for the Middle East and the world."

Judges said they are looking for the contestant that best embodies "the transgender look." Top prize is a $15,000 voucher for a renowned plastic surgeon in Thailand. The winner will represent Israel at the Miss Trans Star International pageant to be held in Spain in August.

The pageant will be held at HaBima, Israel's national theatre, in Tel Aviv on Friday.

Israel is generally tolerant of gays, and Tel Aviv has emerged as one of the world's most gay-friendly travel destinations. The Israeli city stands in sharp contrast to most of the rest of the Middle East, where gays are persecuted or even killed in some places.

Gay and transgender soldiers openly serve in Israel's military, and in 1998, a transgender singer, Dana International, won the popular Eurovision song contest.

But homosexuality is often shunned in religiously observant Jewish and Muslim communities. Last year, an extremist ultra-Orthodox Jew stabbed a teenage girl to death at a Jerusalem Pride parade.

THE ASSOCIATED PRESS

Tel Aviv has emerged as one of the world's most LGBT-friendly travel destinations, standing in sharp contrast to most of the rest of the Middle East, where gays can face persecution.

IRAQ

Bomber-stopper honoured

Iraq has honoured a police officer who stopped a would-be suicide bomber at a checkpoint in a northern Baghdad neighbourhood this week.

Saad Ali Thabit's brave act was caught on a closed-circuit camera on Wednesday in the Kadhimiyah neighbourhood and has since gone viral.

The footage shows Thabit discovering and then disarming the would-be bomber during a routine search at the checkpoint where he was working. It shows other people lined up at the checkpoint quickly running away as the bomber's explosive belt was discovered.

Thabit is seen pinning the attacker against the checkpoint's wall and disarming the explosives. Later Wednesday, Iraqi Prime Minister Haider al-Abadi commended Thabit for his heroism and courage.

Baghdad has experienced a wave of deadly bombings this month that killed more than 200 within a single week.

THE ASSOCIATED PRESS

IN BRIEF

Aristotle's tomb — maybe

A Greek archaeologist who excavated the birthplace of Aristotle in northern Greece in the 1990s says a destroyed structure he discovered may have been the tomb of the ancient philosopher and teacher of Alexander the Great.

Konstantinos Sismanidis concedes that he has "no proof but just strong indications" to back up his theory, presented Thursday at a conference marking the 2,400th anniversary of the philosopher's birth.

THE ASSOCIATED PRESS

Open Heavens Prayer Service

1. Do you think your sins are too many?
2. Do you think church is for perfect people?
3. Has society given up on you?
4. Are you looking for a loving and non-judgmental church family?

"Jesus said, it is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners." Mark 2:17

Pastor Mannie welcomes you just the way you are, at their Open Heavens Prayer Services as follows:

June 3rd 7:00 - 9:00pm

June 5th 10:00 - 12 noon (There will be communion and anointing)

Heaven and Hell are real! If you were to die today, where will you go?

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Join our online reader panel and help make your Metro even better.
metronews.ca/panel

Python bites man in intimate place

THAILAND

Wife helps pry snake off after 30-minute bloody struggle

A Thai man is recovering from a bloody encounter with a three-metre python that slithered through the plumbing of his home and latched its jaws onto his penis as he was using a squat toilet.

Attaporn Boonmakchuay was smiling as Thai television stations interviewed him in his hospital bed about the intimate intrusion, and doctors said he would recover. But photos of his blood-splattered bathroom in Chachoengsao province, east of Bangkok, were testimony to his ordeal.

The 38-year-old told Thai TV Channel 7 that he struggled to remove the snake for 30 minutes Wednesday before he managed to free himself with help from his wife and a neighbour.

After his wife tied a rope around the snake, Attaporn pried open its jaws before passing out.

Emergency workers dismantled the squat toilet, with the python still twined through it. The snake was taken away to be released back into the wild.

Doctors said Attaporn, bloodied but unbowed, will recover.

"He has a really good attitude ... even though his own wife and children were in shock," hospital director Dr. Chutima Pincharoen said.

THE ASSOCIATED PRESS

Rescue workers prepare to remove a python after they released it from a toilet outside a house in Chachoengsao, Thailand on Wednesday. BBTV CH7 THAILAND VIA THE ASSOCIATED PRESS

ADVERTISING FEATURE

HOW TO GET RID OF KNEE PAIN ONCE AND FOR ALL... WITHOUT DRUGS, SHOTS, OR SURGERY

Now, in Calgary, AB, one doctor is helping local residents with knee pain live more active, pain-free lives

Living with knee pain can feel like a crippling experience.

Let's face it, your knees aren't as young as you used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!

My name is Dr. Jack Kucheran, owner of Northside Wellness Centre. Since we opened 33 years ago, I've seen hundreds of people with knee problems leave the office pain free.

DO YOU HAVE ANY OF THE FOLLOWING CONDITIONS?

- Arthritis
- Knee pain
- Cartilage damage
- 'Bone-on-bone'
- Tendonitis
- Bursitis
- Tendonitis
- Crunching & popping sounds

If you're suffering from these conditions, a new breakthrough in medical technology may completely eliminate your pain and help restore normal function to your knees.

Finally, You Have An Option Other Than Drugs or Surgery!

New research in a treatment called low level laser therapy, or cold laser, is having a profound effect on patients suffering with knee pain. Unlike the cutting type of laser seen in movies and used in medical procedures, the cold laser penetrates the surface of the skin with no heating effect or damage.

Cold laser therapy has been tested for 40 years, had over 2000 papers published on it, and been shown to aid in damaged tissue regeneration, decrease inflammation, relieve pain and boost the immune system. This means that there is a good chance cold laser therapy could be your knee pain solution, allowing you to live a more active lifestyle.

Professional athletes like Lance Armstrong and team members of the New England Patriots rely upon cold laser therapy to treat their sports-related injuries. These guys use the cold laser for one reason only...

It Promotes Rapid Healing Of The Injured Tissues.

Before the FDA would clear the cold laser for human use, they wanted to see proof that it worked. This led to two landmark studies:

The first study showed that patients who had cold laser therapy had 53% better improvement than those who had a placebo. The second study showed patients who used the laser therapy had less pain and more range of motion days after treatment. If the cold laser can help these patients, it can help you too.

Although there are different types of lasers, the Calgary Flames have 8 of our type of laser systems.

Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain?

For 30 days only, I'm running a very special offer where you can find out if you are a candidate for cold laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call before June 30th, 2016 and here's what you'll get...

- An in-depth consultation about your problem where I will listen... really listen... to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if arthritis is contributing to your pain.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Until June 30th, 2016 you can get everything I've listed here for only $49. The normal value for this type of evaluation including x-rays is $250, so you're saving a considerable amount by taking me up on this offer. Remember what it was like before you had knee problems... when you were pain free and could enjoy everything life had to offer. It can be that way again. Don't neglect your problem any longer – don't wait until it's too late.

Here's what to do now:

Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is 403 291-0603.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our office is called Northside Wellness Centre and you can find us near the Peter Lougheed Hospital just across the street from Value Village. Tell the receptionist you'd like to come in for the Knee Evaluation before June 30th.

A new treatment is helping patients with knee pain live a happier, more active lifestyle.

Sincerely,
Dr. Jack Kucheran, D.C.
#16, 3434 34th Ave NE
Calgary, AB T1Y 6X3

P.S. Now you might be wondering...

"Is this safe? Are there any side effects or dangers to this?"

The FDA cleared the first cold laser in 2002. This was after their study found 76% improvement in patients with carpal tunnel syndrome. Their only warning – don't shine it in your eyes.

Of course at our office, the laser is never anywhere near your eyes and we'll give you a comfortable pair of goggles for safety.

Don't wait and let your knee problems get worse, disabling you for life. Take me up on my offer and call today 403 291-0603.

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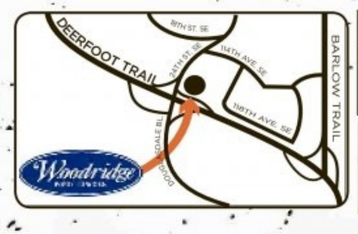

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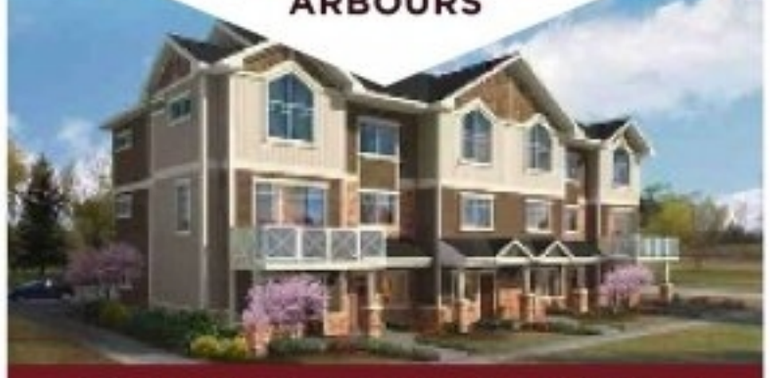

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Quebec law won't be only model regulating home-sharing service, Airbnb says. ISTOCK

Airbnb considering Quebec's new law

SHARING ECONOMY

Wants divide between big and small operators

Quebec may be the first Canadian jurisdiction to regulate home-sharing services but the new provincial law won't become the only model guiding the evolution of Airbnb, says a senior company executive.

"What works for one community may not work for another," Chip Conley, global head of strategy and hospitality, said in an interview.

"The question I think people have is how is it properly regulated in a way that makes sense for local communities and that may be different in Vancouver than it may be in Toronto."

There are vast differences in approaches, including taxation laws, in the 34,000 cities in which Airbnb currently operates.

Conley said the company has no problem with local regulations that require, for example, guests to pay lodging taxes or that force property owners who rent out units as a full-time business to register with authorities.

"To be regulated is to be accepted," he said.

However, he added that Quebec's law, which came into effect on April 15, needs to make a clearer distinction between property managers who make hundreds of thousands of dollars and home owners who occasionally rent out their primary residences a few times a year to help pay for vacations.

The Quebec law requires owners who frequently rent out their properties to obtain the same provincial certification as hotel and bed-and-breakfast operators, and therefore charge travellers lodging taxes of up to 3.5 per cent.

Since its implementation last month, requests for certification have more than doubled, said the tourism agency responsible for implementing the law.

Violators face fines between $500 and $50,000.

Xavier Gret of the Quebec Hotel Association says he's optimistic the province has found the formula to regulate a problem angering an industry that claims to have lost thousands of room rentals due to the presence of Airbnb in the province.

THE CANADIAN PRESS

> What works for one community may not work for another.
> Chip Conley

IN BRIEF

Social networks a key source for news: Study

Social networks are an increasingly important news source for many Americans, with Facebook leading the pack, a study showed Thursday.

The Pew Research Center survey showed 62 per cent of adults get news on social media, and 18 per cent do so often.

AFP

RETAIL

Canada Goose to open two stores

Canada Goose, the luxury winter jacket maker, will open its first two retail stores this fall.

One will be at Toronto's Yorkdale mall and a second in New York City.

The Toronto-based company says each store will be more than 4,000 square feet and showcase some of its vintage styles and more modern designs.

Canada Goose products are currently sold through the company's online store and authorized retailers in Canada and abroad.

Its parkas, which retail for up to $1,500, have been worn by celebrities and featured in Hollywood movies and on the cover of Sport Illustrated's swimsuit edition.

THE CANADIAN PRESS

Rendering of Canada Goose's new retail store at Yorkdale Mall in Toronto. COURTESY CANADA GOOSE/ THE CANADIAN PRESS

metro VIEWS

Your essential daily news

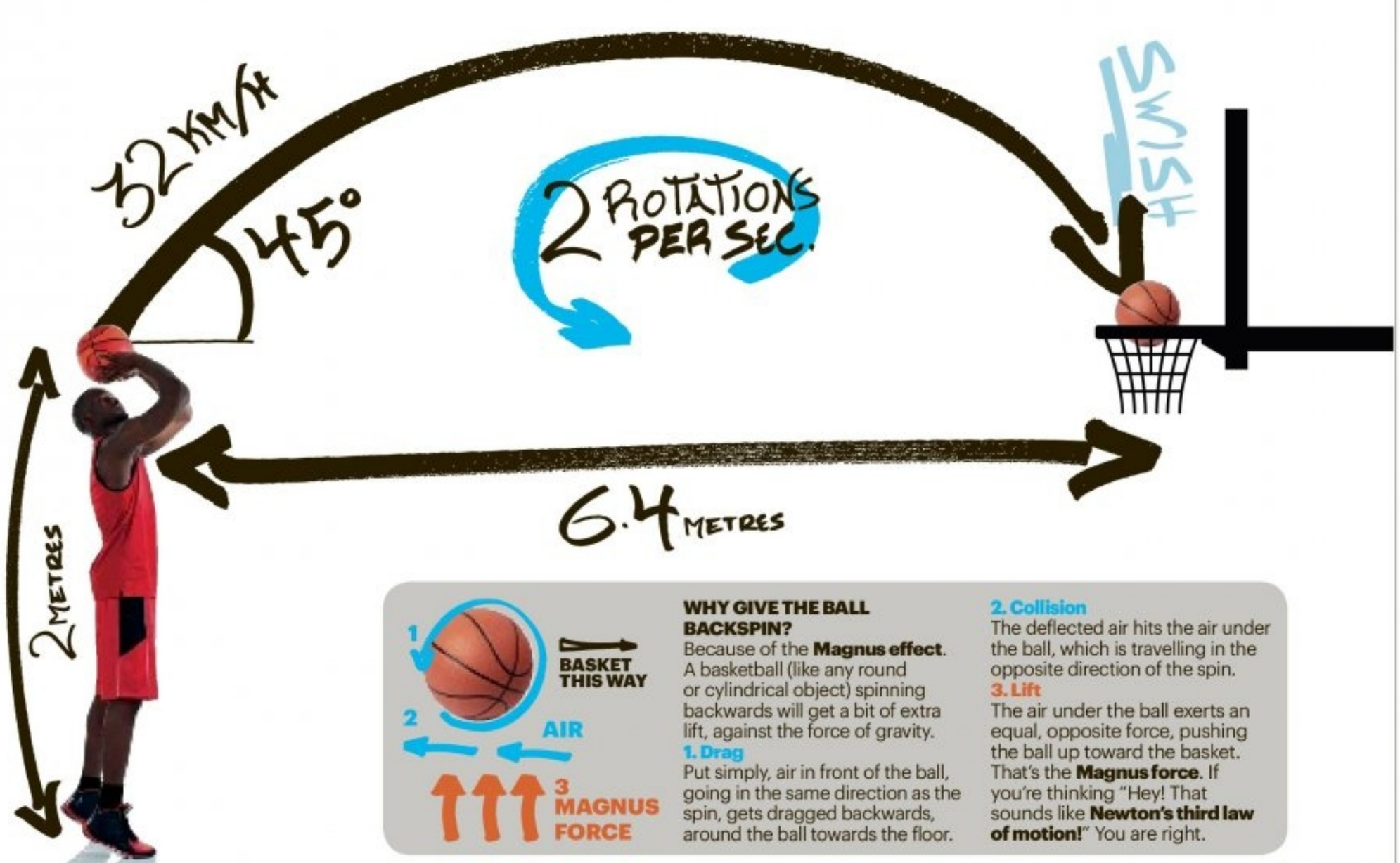
SCIENCE SAYS Weekend, May 27-29, 2016

WHAT'S OLD IS BREW Analysis of 5,000-year-old dregs revealed the recipe of the earliest known beer in China. It contained barley, millet and tubers.

DECODED BASKETBALL

LEARN TO SHOOT LIKE DEMAR DEROZAN

Just kidding, we definitely can't teach you that. However, we can explain the **physics behind the optimal three-point shot** — which the 26-year-old Raptor is well on his way to mastering. We consulted some work from Creighton University physics professor Gintaras Duda to learn about the multitude of factors that must come together all at once to create a satisfying 'swish.'



WHY GIVE THE BALL BACKSPIN?
Because of the **Magnus effect**. A basketball (like any round or cylindrical object) spinning backwards will get a bit of extra lift, against the force of gravity.

1. Drag
Put simply, air in front of the ball, going in the same direction as the spin, gets dragged backwards, around the ball towards the floor.

2. Collision
The deflected air hits the air under the ball, which is travelling in the opposite direction of the spin.

3. Lift
The air under the ball exerts an equal, opposite force, pushing the ball up toward the basket. That's the **Magnus force**. If you're thinking "Hey! That sounds like **Newton's third law of motion!**" You are right.

GRAPHICS: ANDRÉS PLANA/METRO , SPECIAL THANKS TO FIZZICS.ORG AND VERITASIUM FOR RESOURCES

FINDINGS
Your week in science

THE REYNOLDS LAB

NEW SNAKE SPECIES
Talk about precious silver: Harvard researchers have discovered silver boas previously unknown to science in the southern Bahamas. The critically endangered snakes could go extinct before we get much chance to study them, thanks in part to feral cats.

SLEEPING WILLOW
Finnish and Austrian researchers used lasers to observe treetops sagging by up to four inches at night, then bouncing back in the morning. Why? It could be reduced water pressure because there's no photosynthesis at night. Or trees are resting their branches to save energy.

SOUND SMART

NANO BALLS

DEFINITION
Nanoballs are round objects, natural or synthetic, small enough to be measured in **nanometres** (billionths of a metre). It was just discovered that English ivy gets its super-sticky, brick-ruining properties from **nanoballs** of sugar-coated proteins.

USE IT IN A SENTENCE
"I wish they sold **nanoball** glue at the store. Ralph's Bill Nye poster keeps falling off the wall."

CITIZEN SCIENTIST by Genna Buck

What if I never eat fruits or vegetables?

A friend of mine refuses to eat fruits or vegetables. He claims supplement pills are just as good. Is this true? Are pills food? — Colin, Toronto

You should hit up some columnist called Citizen Philosopher with questions about the fundamentals of classical logic, like the Law of Identity (which says, I think, "Everything is its own thing, it can't be some other thing too" — i.e. pills aren't food.)

While we're on the topic of things that are not my field of expertise, let's talk psychology. I don't know your friend, nor am I a doctor, but I know severe selective eating can be a sign of an eating disorder. I doubt this person is receptive to advice (the Food Guide clearly didn't sink in), but if you think you'll have any luck, I think you should encourage him to see a doctor.

Now: To the research! The effects of fruit and vegetable consumption on health is not as well-studied as I expected to find. But literature reviews show a significantly lower risk of heart disease among people who eat five daily servings of fruits and vegetables, especially green leafy ones. A veggie-rich diet is also associated with lower rates of cancer and type 2 diabetes.

Your friend is only partly wrong. The right supplements can ward off some serious issues like Vitamin C deficiency (scurvy), but he's not getting scores of beneficial phytochemicals.

The fibre and water in fruits and vegetables also help us feel full and regulate food intake. Sure, you can buy fibre from the drugstore, but it's not nearly as delicious as eggplant parmesan or pasta primavera or banana pancakes or everything else he's missing out on.

The lesson here: Science can't solve every problem. Sometimes you just have to hold your nose and eat your spinach.

Science Question?
Tweet @genna_buck

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Just ask Mia, what Alice said

SEQUEL

Actress returns to Wonderland six years after first Burton film

Richard Crouse
For Metro Canada

Mia Wasikowska reprises her role of Alice in Alice Through The Looking Glass. DISNEY

Alice Through The Looking Glass, the six-years-in-the-making sequel to Tim Burton's Alice in Wonderland, takes place in a world where chess pieces come to life and the Cheshire Cat's grin is as toothy as ever. It's a flight of fantasy, based on a story published by Lewis Carroll in 1871, but grounded by the very human character of Alice Kingsley.

Mia Wasikowska has played Alice since the 2010 film, signing on to the first movie when she was just 18 years old.

"There is always a little bit of trepidation especially when you're dealing with a character who is so iconic and so beloved by so many people and so many generations," she told me on the release of the first film.

"But there is also a certain amount of realism to it because you know you can't please everyone and not everyone is going to be pleased so it is more just making the character your own and feeling comfortable in the decisions you make."

Originally imagined by Carroll in 1865, the little girl who found a world of wonder down the rabbit hole has become one of literature and film's more enduring and malleable characters.

She was the insane character of America McGee's video game Alice and the martial arts instructor of a Syfy channel adaptation. In 2010 Wasikowska said she thinks the stories have lasted because people relate to the strange characters and situations.

"I don't believe in normal," she said. "Nobody is normal. Everyone is crazy in his or her own way. So although these are extreme characters I think that just makes them more identifiable.

People want to see these characters, understand these characters, love these characters, feel comfortable with these characters because they are like everybody in this world who are kind of crazy. Everyone has felt like an outsider at some time in their life so it is a very identifiable story."

Alice first got the big screen treatment in 1903 in a 12-minute silent version starring Mabel Clark, who was also employed on the set as a "help-out girl," making costumes and running errands.

In 1966 director Jonathan Miller cast Anne-Marie Mallik as the lead in Alice, a mad-as-a-hatter made-for-BBC movie. Miller called Mallik, who auditioned by reciting a poem, a "rather extraordinary, solemn child."

Not everyone agreed. Peter Cook's biographer described the teenager's take on Alice as "sullen, pouting, pubescent with no sense of bewilderment." Mallik later said she wasn't impressed with her illustrious co-stars — John Gielgud as the Mock Turtle and Peter Sellers as the King of Hearts — because she had grown up surrounded by the very accomplished friends of her "much older" parents.

After production wrapped she "retired" from acting and afterward the BBC had trouble paying her a royalty because they couldn't find her.

It's hard to know what Alice Liddell, the young girl who inspired the character would have thought of any of the wild and wacky versions of the story, but we do know she enjoyed the 1933 Paramount version.

"I am delighted with the film and am now convinced that only through the medium of the talking picture art could this delicious fantasy be faithfully interpreted," she told the New York Times. "Alice is a picture which represents a revolution in cinema history!"

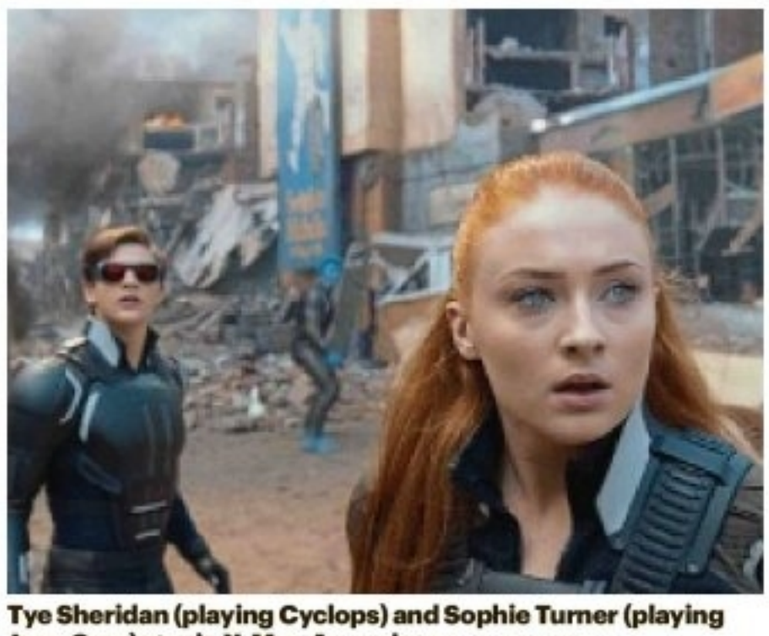
MOVIE RATINGS by Richard Crouse

X-Men: Apocalypse	★★★
Alice Through the Looking Glass	★★
Mr. Right	★★
Love & Friendship	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

X-MEN APOCALYPSE

Your three-minute who's who catchup



Tye Sheridan (playing Cyclops) and Sophie Turner (playing Jean Grey) star in X-Men Apocalypse. CONTRIBUTED

The new generation of X-Men actors are now well and truly established with the arrival of X-Men: Apocalypse, the third film exploring the team's origins. In the latest movie, a historic rift emerges among the supermutants thanks to powerful and divisive newcomer Apocalypse. Find out who's in it, what the early verdict is, and where the trailers are at with our quick three-minute catch-up.

Who's in it?

James McAvoy returns as mutant school founder and mind-dreader Professor Xavier, as do protogés in Mystique (Jennifer Lawrence), Beast (Nicholas Hoult), Havok (Lucas Till), and Quicksliver (Evan Peters), while among those new to the school are Cyclops (Tye Sheridan, Last Days in the Desert), Jubilee (Lana Condor), Storm (Alexandra Shipp, Straight Outta Compton) and Jean Grey (Sophie Turner, Game of Thrones).

Opposing them is Apocalypse (Oscar Isaac of Star Wars: The Force Awakens) who sets about recruiting Quicksilver's estranged father Magneto (Michael Fassbender) and newcomers Nightcrawler (Kodi Smit-McPhee, The Roa), Angel (Ben Hardy, UK TV's EastEnders), and Psylocke (Olivia Munn) to his world-destroying cause.

Who's behind it?

Bryan Singer's back for his fourth film in the X-Men franchise, after the original X-Men and X-Men 2, and 2014's passing of the baton, X-Men: Days of Future Past. He directed from a screenplay by Simon Kinberg, who shared an Oscar nomination for The Martian.

Is it any good?

Following a world premiere in London on May 9, X-Men: Apocalypse has accrued an IMDb rating of 8.3/10 from just north of 1,200 user scores (as of May 13). Movie critics' reviews dropped around the same time but were a little less enthused, with Metacritic giving a 51 per cent average score and Rotten Tomatoes turning up a 57 per cent approval rating from an average 5.7/10 score. AFP

What's next for J-Law after X-Men: Apocalypse?

THE FUTURE

A peek at the future projects of Hollywood's best-paid actress

When Jennifer Lawrence peels off the blue skin of Mystique, she'll be diving into some new projects with Darren Aronofsky and Steven Spielberg. THE ASSOCIATED PRESS

After Jennifer Lawrence peels off Mystique's blue skin for the last time with the release of Bryan Singer's trilogy-closing X-Men: Apocalypse this weekend, fans must be wondering what's next for the actress.

She's as much a screen shape-shifter as her Raven/Mystique character, beginning with her Oscar-nominated work in indie Winter's Bone, then starring in blockbuster franchise The Hunger Games and winning an Academy Award for Silver Linings Playbook.

What's next for the 25-year-old actress, who led Forbes' list in 2015 as the highest-paid actress in Hollywood?

Passengers

J-Law will be seen next starring opposite Chris Pratt in big-budget romance Passengers.

Set on board a space ship en route to a distant colony planet, Pratt and Lawrence are among the thousands of interstellar pioneers sedated in sleep chambers for the 120-year voyage when something wakes them up.

Lawrence plays a New York writer and Pratt is a mechanic. Details are few but we know the actress was very chatty about the awkwardness of filming a steamy love scene with the married Pratt.

Some scenes were shown to an audience at CinemaCon 2016, which reacted enthusiastically.

The movie opens in December.

Darren Aronofsky project

This one is a mystery. The Telegraph reports Lawrence is in rehearsals with director Darren Aronofsky on his untitled drama, which is also rumoured to star Javier Bardem and Michelle Pfeiffer.

Variety had a hint of a plot for the film, due out next year, saying it's about "a couple whose relationship is tested when uninvited guests arrive at their home, disrupting their tranquil existence."

We may not know much, but we do know Aronofsky makes movies that push actresses to expand their craft, like Natalie Portman in psychological thriller Black Swan and Marisa Tomei as stripper Cassidy in 2008 drama The Wrestler.

It's What I Do

There were several reports last year that war photojournalist Lynsey Addario's 2015 memoir It's What I Do: A Photographer's Life Of Love And War will get the big screen treatment, with Steven Spielberg directing and Lawrence to star. Time reported in 2015 there was a bidding war for the movie rights, with Warner Bros. emerging victorious.

No updates since then and considering Spielberg is already in pre-production on sci-fi thriller Ready Player One and drama The Kidnapping of Edgardo Mortara, this could take a while.

TORSTAR NEWS SERVICE

Star Trek Beyond is more 'fun' than previous episodes in part thanks to comedic actor Simon Pegg (above). CONTRIBUTED

Star Trek ... and Beyond

NEW TRILOGY

Stars reflect on legacy in lead up to 50th anniversary

It launched with a mission of just five years "to boldly go where no man has gone before" but half a century later Star Trek is a multi-billion-dollar cultural phenomenon adored by fans the world over.

When the show debuted in 1966 the concept was a three-season television show following the crew of the starship Enterprise as they ventured into the galaxy to seek out new civilizations.

Little did NBC know it would snowball into a touchstone in entertainment spawning six shows with a combined 725 episodes and 13 movies, and turning its stars into household names.

"To be talking about the 50th anniversary is insane. I was born the same year that Star Trek was," veteran filmmaker J.J. Abrams, the creative force behind the new "rebooted" trilogy, told a convention in Hollywood last week.

"I know how old I feel, so the idea that this thing endures is incredible."

Korean-American actor John Cho, who plays Starfleet Officer Hikaru Sulu in the rebooted trilogy — including the upcoming 50th anniversary film Star Trek Beyond — describes multiculturalism as one of its "defining features."

"I really believe theoretically in Star Trek movies. It's a good cultural product, in my opinion. I wanted to be a part of something I felt was an important, positive cultural contribution," he said.

Today "Trekkies" are the only fan group listed by name in the Oxford English Dictionary.

Karl Urban, who plays ship's doctor Leonard "Bones" McCoy — the role originally made famous by the late DeForest Kelley — said Beyond was more complex and yet more fun than previous episodes.

This is in part thanks to Simon Pegg — engineer Scotty in the reboot series — who was behind numerous British comedy hits including 2004's Shaun of the Dead and took on scriptwriting duties for Beyond.

"We wanted to make sure we got the balance right between paying respect and homage to what had been before — little inside jokes and references for longterm fans — and making it fresh and delivering new material that new audiences can appreciate," Urban, 43, said.

The Lord of the Rings and Riddick actor is one of a handful of cast members who describe themselves as having been big fans of the original series.

"I just remember being into it as a kid. There were hot girls in short miniskirts. It was sexy, it was fun," he said.

Part of the enduring appeal of Star Trek, says Urban, is its commitment to a hopeful depiction of a humanity united in the future despite differences in race and creed.

The latest film hits theatres on July 22 but, whatever its fortunes, the Star Trek phenomenon will boldly go on, with a new television series due out from January 2017 on CBS. AFP

To be talking about the 50th anniversary is insane. I was born the same year that Star Trek was
Filmmaker J.J. Abrams

15 YEARS LATER

Furious gets re-release for anniversary

The Fast and the Furious is speeding back into theatres this summer in celebration of the 15th anniversary of the film that launched the improbable $3.9 billion franchise. Tickets are now on sale for the nationwide June 22 re-release.

The 2001 film about East Los Angeles street racers starring Vin Diesel, Michelle Rodriguez and the late Paul Walker was a big box office success, earning over $200 million worldwide, but no one at the time could have imagined its potential longevity. In the years and films since, the franchise has only grown in profitability and audience goodwill.

The most recent, Furious 7, earned over $1.5 billion globally in 2015.

The eighth film is in production for a 2017 release, with 9 and 10 scheduled through 2021.

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Paul Walker, Vin Diesel and Michelle Rodriguez at the premiere of The Fast and The Furious in 2001. THE ASSOCIATED PRESS

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THE TV DINNER JESSICA ALLEN

I once gave an apple to the director Whit Stillman. We were alone in a hotel room making a web video

I once gave an apple to the director Whit Stillman. We were alone in a hotel room making a web video.

Let me start over: We'd just finished filming a 10-minute discussion during a Toronto International Film Festival junket for Damsels in Distress, Stillman's first movie in 13 years.

Everyone left the room, save for us two. He paused for what felt like an eternity, his gaze fixed upon my canvas tote bag stuffed with the fruit (it's another story, entirely.) I asked if he'd like one. He accepted.

That was five years ago. The video footage was lost so you'll just have to trust me when I tell you that while it certainly wasn't love, it could've been the beginning of a friendship—if the PR person hadn't removed me from the room.

Coincidentally, Love & Friendship is the title of Stillman's latest film, which opens in select theatres on Friday. It's an adaptation of a little-known novella by Jane Austen called Lady Susan that was published posthumously.

Kate Beckinsale plays the title character, a widow and bon vivant, who's searching for a husband for her daughter, and herself.

THE MOVIE: Love & Friendship

THE MEAL: Rhubarb Crisp

Chloe Sevigny, who starred alongside Beckinsale in Stillman's The Last Days of Disco, is Lady Susan's crafty friend. And yes, there are two potential suitors.

Although it's de rigueur to modify — adding zombies to Pride and Prejudice, for example — and modernize — Clueless is a take on Emma — Austen's work, Stillman sets his story firmly in the Georgian drawing rooms and countryside estates of the 1790s. And he doesn't consider the source material to be more contemporary than her other works.

"That's something that's said a lot now," he recently told the New York Times, "like if you want to sell people on going to see something that's set in the past. They say, 'Oh this has a snarky, modern sensibility.' And I don't want to say that at all, because I rather prefer the 18th century. For me, it's not a good thing to say it's contemporary."

Still, his dry wit and heavy-on-dialogue films featuring characters discoursing on decorum, privilege, and class, which have influenced the likes of Wes Anderson and Noah Baumbach, are not dissimilar to Austen's work.

So what took him so long to tackle it? For starters, the 64-year-old director has made only five films in some 25 years. Plus: "My theory in the '90s was that I didn't want to take a Jane Austen book I loved and reduce it to a 90-minute movie," he says. "The Emma Thompson-Ang Lee Sense and Sensibility was beautiful, but other ones I didn't think justice was being done."

That Sense and Sensibility is one of my top five favourite films — and Thompson is responsible for my all-time favourite award speech when she won the Golden Globe for her screenplay at the 1995 ceremony (Google it!) Every time I watch the film, I want to paint our apartment entirely in Wedgwood blue.

On a recent night we settled into our (taupe) living room and debated whether we should watch Metropolitan, Stillman's 1990 first feature film about New York socialites, which I have never seen, or Sense and Sensibility, again. While Simon appreciates Austen, he can't understand why I'd want to repeatedly re-watch something because time is limited.

He also can't understand why anyone would make a crisp other than apple. But the rhubarb at my green grocer was a brilliant pink and I couldn't resist. We ate it while watching Sense and Sensibility, again.

"It's research," I said.

Jessica Allen is the digital correspondent on CTV's The Social.

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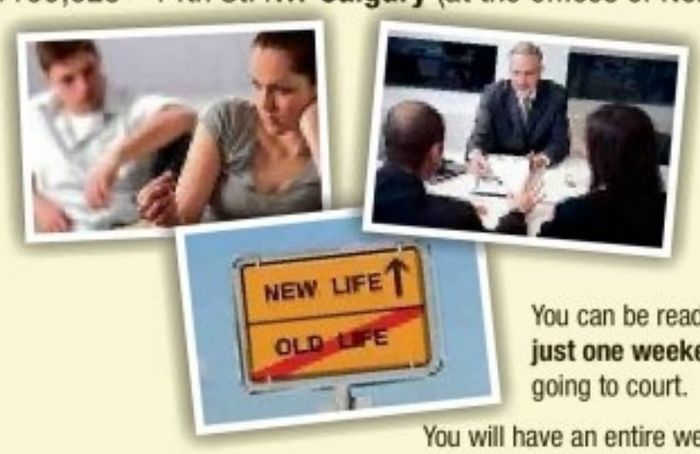

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PREMIERE LOVE & FRIENDSHIP Director Whit Stillman attends a special London screening of his new film with actresses Chloe Sevigny, left, and Kate Beckinsale at Landmark Sunshine Cinema earlier this month. THE ASSOCIATED PRESS

Chloe Sevigny, left, and Kate Beckinsale star in Whit Stillman's Love & Friendship . HANDOUT

Avoiding the pitfalls of another costume drama

DIRECTING

Stillman adds modern touch to Austen story

Steve Gow
For Metro Canada

Acclaimed filmmaker Whit Stillman is finally releasing a follow-up to 2011's Damsels in Distress but he's not doing it the easy way.

Instead, the American auteur ventured a Victorian-era costume drama — not exactly stiff competition against summer blockbusters like Captain America.

"It's tough to make any film," admitted Stillman recently while promoting Love & Friendship — his new adaptation of a little-known Jane Austen story. "(But) it's less tough to make a period film if the source material has some star value — and Jane Austen's a star."

Based on the celebrated English author's epistolary novella Lady Susan, Stillman assumed producing the film "would be a slam dunk."

However Austen's comedy about a conniving 18th Century widow attempting to keep her social standing by seducing a naive wealthy bachelor proved a challenge.

"The person who distributes the film in the U.K. initially hated the script because the characters were so unlikeable and vicious," recalled Stillman with a laugh.

"I find very manipulative women characters funny. Sometimes women I meet in real life, I think they're really funny and it turns out they're just dominant and manipulative."

Stillman's body of work (which includes his Oscar-nominated 1990 debut Metropolitan) proves he's also a proponent of strong, female protagonists.

Yet, the director insists he's not really a fan of earlier Austen adaptations.

"If they aren't working on all cylinders I just don't want to see them," said Stillman, noting he spent a decade crafting his version of Lady Susan.

"This is different. This is kind of a fun film and I think it escapes the respectful adaptation trap."

One of the keys to avoiding that pitfall was casting Kate Beckinsale alongside indie darling Chloe Sevigny as a scheming accomplice.

While the pair previously teamed-up with Stillman on The Last Days of Disco, the nearly two-decades that have passed since that acclaimed comedy clearly hasn't affected the duo's on-screen chemistry.

"They were practically teenagers when they did The Last Days of Disco (and) they became big buddies in that and now they're super professional," said Stillman of his disparate cast.

"They come at (acting) from completely different techniques but it just works together."

FILMMAKER WHIT STILLMAN ON...

...putting himself in her shoes
"I do like women characters because it's not myself; it's not autobiographical," said Stillman of his penchant for female protagonists. "You have to find the common humanity that you find humorous and entertaining."

...the older audience
"It used to be that films were made for teens all the time because teens were going out to the movies tons," said Stillman. "Teens are not going to the movies that much so the older audience is (more) important for independent films."

...living with Austen for a decade
"My daughters, when they saw the film they said, 'dad, you put some of your lines you say all the time in the movie'," laughed Stillman of his long-awaited adaptation. "(But) actually I had ten years of quoting the Jane Austen lines to my daughters."

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Yes, a studio is making a Tetris movie

TREND

News like this sparks many questions, the biggest: Why?

There have been many movies based on videogames over the years, and almost all of them have been awful.

This fact has nevertheless not deterred a new international studio from announcing this month that its first venture will be quite possibly the worst idea for a film adaptation in the history of cinema: a movie based on Tetris.

This raises a few questions we'd like to ask the producers.

Why? Why, god, why?

Yes, we're talking about that Tetris. That game where it rains colourful puzzle pieces you have to rotate and block together in different combinations of four so they light up and disappear?

That game to which you lost several years of your life during the late 1980s and early '90s? That's the one.

And Threshold Global Studios isn't planning just one $80-million "epic sci-fi thriller" based on Tetris.

Oh, no. We're talking an entire trilogy based on Tetris. And, if what a publicist for the project told Torstar movie critic Linda Barnard is true, it will be a live-action trilogy. Madness, all of it.

Suddenly, the makers of Battleship look entirely sensible.

You do realize the plot will at some point have to involve giant puzzle pieces falling from the sky, don't you?

Because, you know, that's pretty much all the narrative you have at your disposal if you're developing a movie script "inspired" by Tetris. Nothing else happens.

There aren't any characters to speak of, unless you're planning to cast live actors as the falling "tetrominoes" who populate the game — indeed, who are the game — and that does not sound like anything any sane human being is going to drop $13.75 at the multiplex for.

Silent Hill had at least a semblance of a story to work with. Tetris has . . . shapes.

Has anyone really signed on to this thing?

As Mashable noted last week, the Tetris movie is still by and large a pipe dream with "no director, no script, no studio, no cast, no crew, no liquid capital (that we know of), no outside financing . . . and no real reason to believe that shooting will indeed begin next year."

It does have an announced $80 million budget, the might of the newly established Threshold Global Studios — half of which is owned by the guy who produced the (awful) Mortal Kombat movies, the other half by a Chinese media mogul — behind it and, apparently, a story.

"We've thought of a really great science-fiction movie out of it," producer Larry Kasanoff told Mashable.

"I get pitched videogame projects all the time, and we're very picky about that stuff."

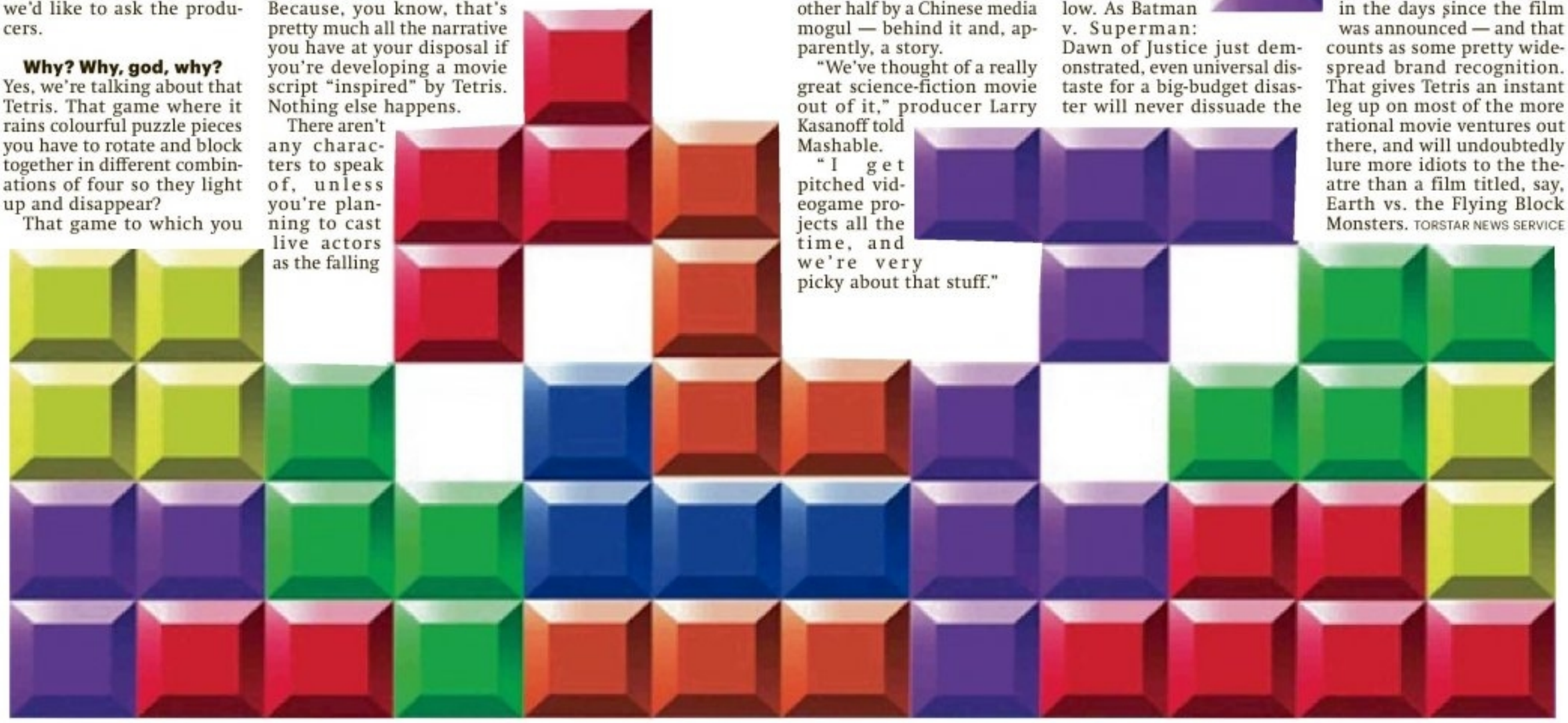
Is there actually money to be made with this folly?

Alas, as crass as the mere idea of a Tetris movie sounds, it'll undoubtedly make back its investment, since Threshold Global Studios is expressly intent on "cross-cultural movies for the global market."

Basically, that translates to big, dumb, loud movies with lots of CGI, a bare minimum of dialogue and a plot that a dachshund could follow. As Batman v. Superman: Dawn of Justice just demonstrated, even universal distaste for a big-budget disaster will never dissuade the curious from verifying the disaster for themselves — it's earned $868 million and counting, despite mostly poor reviews.

Why Tetris, though?

In case you hadn't noticed all those sequels and superhero franchises out there, brand recognition long ago supplanted ideas as the driving force behind a certain level of mainstream cinema. More than 170 million copies of Tetris were in circulation in various formats by 2010 — with probably a little spike in the days since the film was announced — and that counts as some pretty widespread brand recognition. That gives Tetris an instant leg up on most of the more rational movie ventures out there, and will undoubtedly lure more idiots to the theatre than a film titled, say, Earth vs. the Flying Block Monsters. TORSTAR NEWS SERVICE



Meet your contenders for Song of the Summer

The sun is out, patio chairs are beckoning, and those gross little swarms of bugs are everywhere — we must be nearing summer. And as the season approaches, it's time to wonder what song will be blaring from convertibles, thundering in clubs and triumphantly soundtracking all that ill-advised day-drinking. Here are just a few contenders for the throne.

TORSTAR NEWS SERVICE

Justin Timberlake, "Can't Stop The Feeling!"

This song is so pepper it could co-host a morning show. You can't deny its ebullience or sensation status — it's Timberlake's third career No. 1 — but we can't shake the feeling this was reverse-engineered for the Song of the Summer crown and that's just not cool.

Heat check: As hot as Troll dolls in the '90s, and just as prone to burnout.

Desiigner, "Panda"

The dismissive comparisons of Desiigner to established hip-hop artist Future were history as soon as the 19-year-old Brooklyn rapper's single — his first — went to No. 1.

It's more than just a meme author's dream, but the irrepressibly hypnotic banger is less "breezy patio spritz" and more "humidity-induced hallucination."

Heat check: Is it hot, or do we just have a fever?

Mike Posner, "I Took a Pill in Ibiza" (SeeB remix)

True to its title, this spritely neon dance tune is truly a global phenomenon that has been burning up charts all around the world (including, yes, Spain). But it came out last July, so even though it has only recently bubbled to the top, it can't help but feel a bit warmed over.

Heat check: A bit too slow to come to a boil.

Fifth Harmony, "Work From Home" (feat. Ty Dolla $ign)

This ode to blowing off the office has a beach-ball bouyant beat, a killer video (from Toronto's Director X) and enough sass to last until Labour Day. It's about to top the Billboard pop chart — the first song by a girl group to do so in almost a decade — but hasn't risen past the fifth spot on the Hot 100.

Heat check: It's definitely steamy, but it isn't scalding.

Drake, "One Dance" (feat. Kyla and Wizkid)

It isn't so much that this song is of summer — this song is summer: relaxed, radiant, and over too soon. It's hard to imagine what could send the temperature soaring as high as The 6 God's first No. 1 ringing out. And for so long we thought Aubrey was more of an autumn.

Heat check: This one is just about "Hotline" hot.

The dark horses

Adele generally seems to record music more for winter and its discontent, but there's no denying the airy snap of new single "Send My Love (To Your New Lover)." Meanwhile, our affair with Ariana Grande's frothy newest "Into You" is definitely more than just a summer fling.

And though none of its tracks will achieve the pop ubiquity necessary to define a season, Chance the Rapper's Coloring Book is a S.A.D. light in mixtape form that deserves to sing out at a summer sky whenever possible.

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Wainwright gets poetic about the Bard of Avon

ALBUM

Singer turns Shakespeare's sonnets into love songs

Spring has been the season of Shakespeare for Rufus Wainwright.

The Canadian singer-songwriter has found himself immersed in the works of the Bard as part of commemorations of the 400th anniversary of the playwright's death.

Wainwright recently released the album Take All My Loves: 9 Shakespeare Sonnets. The recordings feature guest vocalists including Florence Welch and Wainwright's sister, Martha, as well as spoken word performances from the likes of Helena Bonham Carter, Carrie Fisher and William Shatner.

Wainwright was also part of a star-studded BBC special arriving in Canadian theatres this week. The Shakespeare Show: Recorded Live from the Royal Shakespeare Company will be screened in select Cineplex cinemas on May 26 and June 5.

The special features a cross-section of musical, dance and dramatic performances, as well as a window into Shakespeare's own life. Award-winning stage and screen stars Helen Mirren, Judi Dench and Ian McKellen join Oscar nominee Benedict Cumberbatch among a host of talents honouring the dramatist.

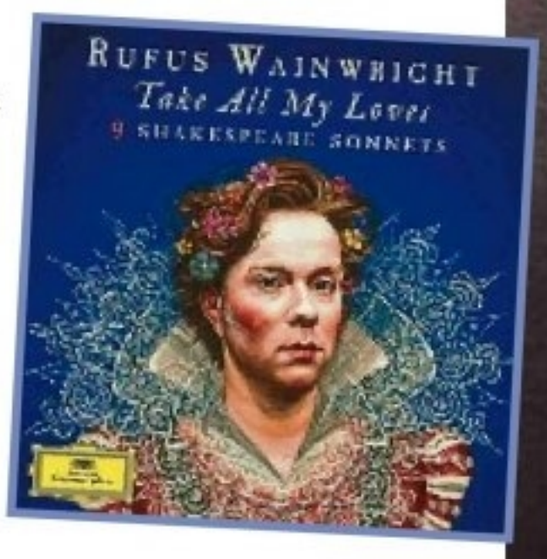
Wainwright sings When, In Disgrace With Fortune And Men's Eyes (Sonnet 29), which he first performed for 2002's When Love Speaks, a recorded collection of sonnets.

Reached in New York, Wainwright spoke with The Canadian Press about his earliest exposure to the Bard, and why he's so passionate about Shakespeare's works — particularly the poems.

What did it mean for you to be a part of the Shakespeare 400th celebration?
It was a great honour, and I feel tremendously privileged to be a part of that roster. I'm Canadian and American — I'm both — but I'm Canadian. And I think there was only one other North American performer, John Lithgow, who was part of the evening.

Needless to say, the vast majority were English or Scottish or from that side of the pond, and so I felt privileged to be there as this sort of New World representative.

What do you find so compelling about Shakespeare's sonnets?
All of Shakespeare is really compelling when you really boil it down. I mean, some of it goes on a bit, I suppose. But there are these little nuggets of wisdom and beauty and poetry and depth in so many of his works. I think what I love about both the poems and his plays is that they're just inexhaustible, you know? You never cease to be amazed.



What was your first exposure to Shakespeare?
My earliest memory was going to see A Midsummer Night's Dream with my dad in London. He lived in London for about 10 years.

It was just this amazing production where it was at Regent's Park at twilight. And I didn't really understand any of it to begin with. But then, as the sun was setting and fireflies were starting to appear, I mean, the whole thing made sense, and it was such a captivating, intoxicating experience.

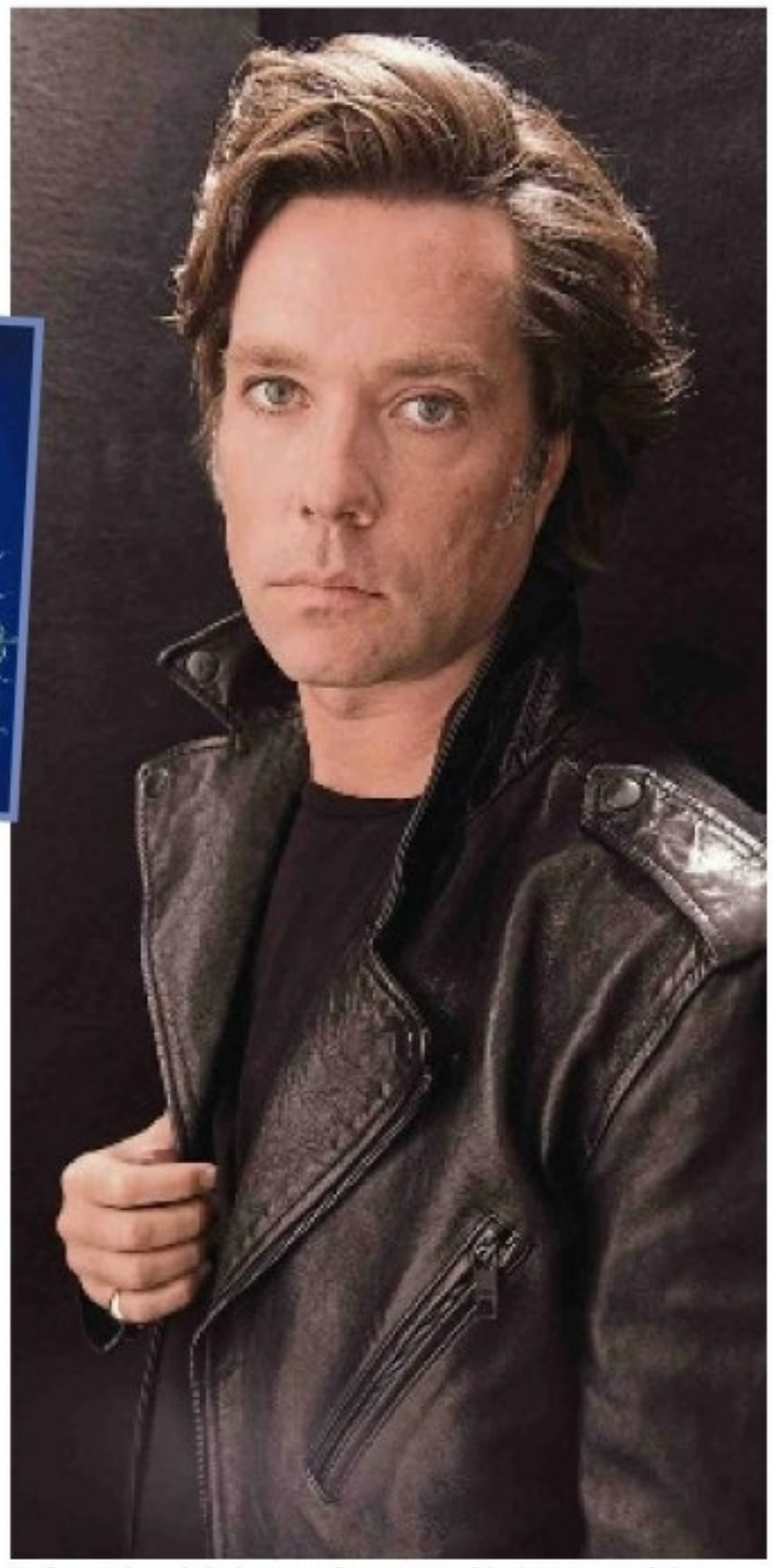
Was there anything else that stayed with you from that production?
I was about 11 years old, so it was hard for me to figure out what was going on. But then, all of a sudden, it made sense. And I even think to this day, a lot of Shakespeare plays and Shakespeare sonnets, it takes a while for it to sink in, and you have to kind of stick with it.

That's kind of the beauty of it: that you're always guaranteed some kind of payoff.

For your album, you have a diverse lineup of guest artists that are featured. I find it interesting that in addition to vocalists, you also have actors doing recitation like Shatner and Bonham Carter. Why did you want to integrate spoken word?
I just felt that because the various styles are so different — be it classical versus pop versus cabaret — the effect of having them read was a nice way to thread the whole project together. It was sort of like the glue to the concept.

And also, you can hear the sonnets two or three times and they keep giving out meaning.

THE CANADIAN PRESS



Rufus Wainwright is part of a star-studded BBC special, The Shakespeare Show: Recorded Live from the Royal Shakespeare Company, arriving in Canadian theatres this week. MATTHEW WELCH

Madge's bout with 'fascist' Toronto — 26 years later

HISTORY

Tour dancers, police recall popstar's near arrest in 1990

Few people tell Madonna what to do, but Toronto police certainly tried.

It all came to a boil 26 years ago — on May 29, 1990 — at the third and final Toronto show of the Blond Ambition World Tour.

Friction between the pop singer and local police had captured global headlines and Supt. Frank Bergen remembers it well — because he was assigned the unenviable task of standing up to the Material Girl at the height of her stardom.

As the story went, police told Madonna's management they received complaints from audience members at the previous evening's show over her simulated masturbation while singing Like a Virgin.

Officers said if she didn't scrap her crotch-grabbing antics at the SkyDome, now known as the Rogers Centre, they'd be forced to arrest her on obscenity charges.

Bergen, a 29-year-old Toronto constable at the time, was grappling with his own perspective on the situation.

He said the obscenity kerfuffle was led by a police detective and Crown attorney who took a strong position that Madonna's show shouldn't go on.

"What I was struggling with was how do you go to the microphone and tell everyone the show is cancelled," Bergen said.

The confrontation was immortalized in Madonna: Truth or Dare, the singer's 1991 documentary. Looking back, Bergen said the film didn't exactly capture the full story.

"We were portrayed as being real knobs, if you will," he said.

"I don't think we were."

Some of Madonna's dancers still fondly remember the backstage drama.

"Oh, we wanted to get arrested, we really did," said Kevin Stea, who was part of the tour.

"That may have been the most powerful moment I ever felt with Madonna. As a team we were all together."

Cancelling the show was an option — but one that Madonna didn't want to entertain.

The tour had already been generating controversy for its racy themes. Toronto concertgoers were handed a $1-off coupon for condoms as they entered the stadium.

Madonna also took a scripted moment in the show to encourage her male dancers to practice safe sex, in a nod to the HIV/AIDS epidemic that was near its peak.

Both moments placed extra scrutiny on the show and led some critics to accuse the singer of encouraging young fans to partake in casual sex.

A scene in Truth or Dare depicts Madonna gathered with her dancers and backup singers before the show for a prayer.

"Dear Lord, this is our last night in Toronto — the fascist state of Toronto," she said.

"Remember that in the United States of America there is freedom of speech."

She then marched past Bergen and his colleagues, hand-in-hand with her singers singing Holiday, as he and his fellow officers watched the documentary cameras capture it all.

Madonna swings her jacket as she belts out a song during a concert at SkyDome in Toronto Sunday May 27, 1990.
THE CANADIAN PRESS FILE/HANS DERYK

> **That may have been the most powerful moment I ever felt with Madonna. As a team we were all together.** Kevin Stea, a dancer during Madonna's 1990 Blond Ambition World Tour

The concert began and Madonna took advantage of the opportunity to tease Toronto police.

"Do you think that I'm a bad girl?" she asked the crowd to cheers. "Do you think that I deserve to be arrested? I hope so."

When Like a Virgin began, Madonna started the performance as she always did, curled up on a red velvet bed.

Jose Gutierez, one of the dancers in the number, will never forget gazing into the abyss of the audience.

"From the stage you could see their (police) badges at all the exit signs around the arena," he said.

"All you saw was shimmers."

Madonna writhed and groped herself with the help of the dancers as her 1984 single reached its climax.

Then she moved on to her next hit.

When the show wrapped, Madonna's entourage approached police to ensure they weren't going to cart the singer away.

The officers assured them there were no problems.

"I think they just wanted free tickets," joked Gutierez with a hint of disappointment.

"I was into seeing what the jail system in Toronto looked liked with Madonna. I mean, how bad could it be?"

Madonna's dancers recall touring with the pop singer in the upcoming documentary Strike a Pose, which recently screened at Toronto's Hot Docs film festival.

Bergen said he respects concerns over obscenity but concedes it would've been difficult to satisfy a "loose interpretation of the Criminal Code."

It took a year before the officer would hear about his cinematic debut in Truth or Dare.

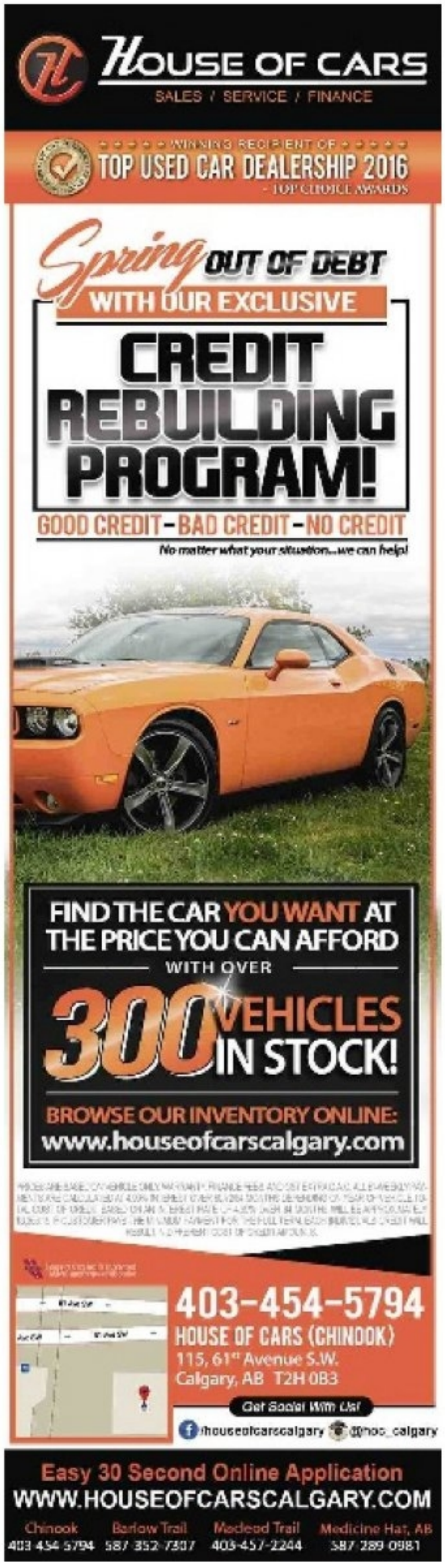
One afternoon, his teenage neighbour excitedly shouted across the backyard that he'd spotted him on the big screen. However, sheer magnitude of her celebrity was lost on him at the time.

And while he never spoke to Madonna himself, he pondered how the situation would've played out had officers arrested her that night.

"I don't think we ever got to the (point), nor would we have, where we walked up onto the stage — and onto her bed — and handcuffed her," he said.

"Then we would've been part of a different history."

THE CANADIAN PRESS



Dierks Bentley poses for a portrait in Nashville, Tenn., to promote his latest album, Black, which comes out Friday.
AP/MARK HUMPHREY

Dierks Bentley goes pitch black on his latest album

INTERVIEW

New country record tells a darker tale of love, heartache

Country star Dierks Bentley may be known for his boozy party songs like Drunk On a Plane or 5-1-5-0, but as a singer, he loves going dark.

He's even named his new album Black.

"Sad country music is way better than happy country music," the Grammy-nominated Bentley said.

"Happy country music is good for the live show. It's good for driving your car to work. The greatest country music is the sad stuff. That's where you learn stuff. That's how you get through stuff."

The 40-year-old singer named the album, out on Friday, after his wife Cassidy's maiden name, which he loved so much he tried to convince her to keep it.

"When we got married, I was like, 'You should just keep the name Cassidy Black, it's so cool,'" said Bentley, who often takes the stage in a plain black T-shirt. "I'll change my name to Dierks Black. I just like the colour black."

The title track is one of Bentley's sexiest songs of his career, a sultry bedroom ballad that allowed him to frame the entire album around the story lines of love, loss and heartache.

He explores the self-doubt that comes while watching someone slip out of a relationship on Why Do I Feel and cheating lovers meeting in secret on a duet with Maren Morris on I'll Be the Moon.

But Bentley also has learned from previous albums that fans, and radio stations, still want the fun Dierks, too. His first single, the summery Somewhere on a Beach, hit No. 1 on Billboard's Hot country chart, and his next single, Different for Girls, features pop-rocker Elle King.

"I just hit it off with her right away," Bentley said of the Ex's and Oh's singer. "She's just really self-deprecating and funny, but a great singer."

More than a decade into his career, Bentley, who recently hosted the Academy of Country Music Awards with Luke Bryan, is adept at finding the balance on albums now. He is the country joker, the bluegrass picker, the love song singer and the stadium rocker all packaged together.

"If people want to go buy a single and go party to it, that's great," Bentley said. "I am trying to make a record for me as much as I am trying to make a record for my fans."

So he has no regrets about ending the album on a sad note, an acoustic guitar ballad called Can't Be Replaced, in which he sings about his aging 15-year-old dog Jake, who has been with him since before he had a wife and kids and became a star.

"The very first song I ever put out to country radio, What Was I Thinking, had a picture of Jake on the cover and had a big dobro solo in that song," Bentley said. "So it's kinda like the perfect bookend to the last eight records and really to his life."

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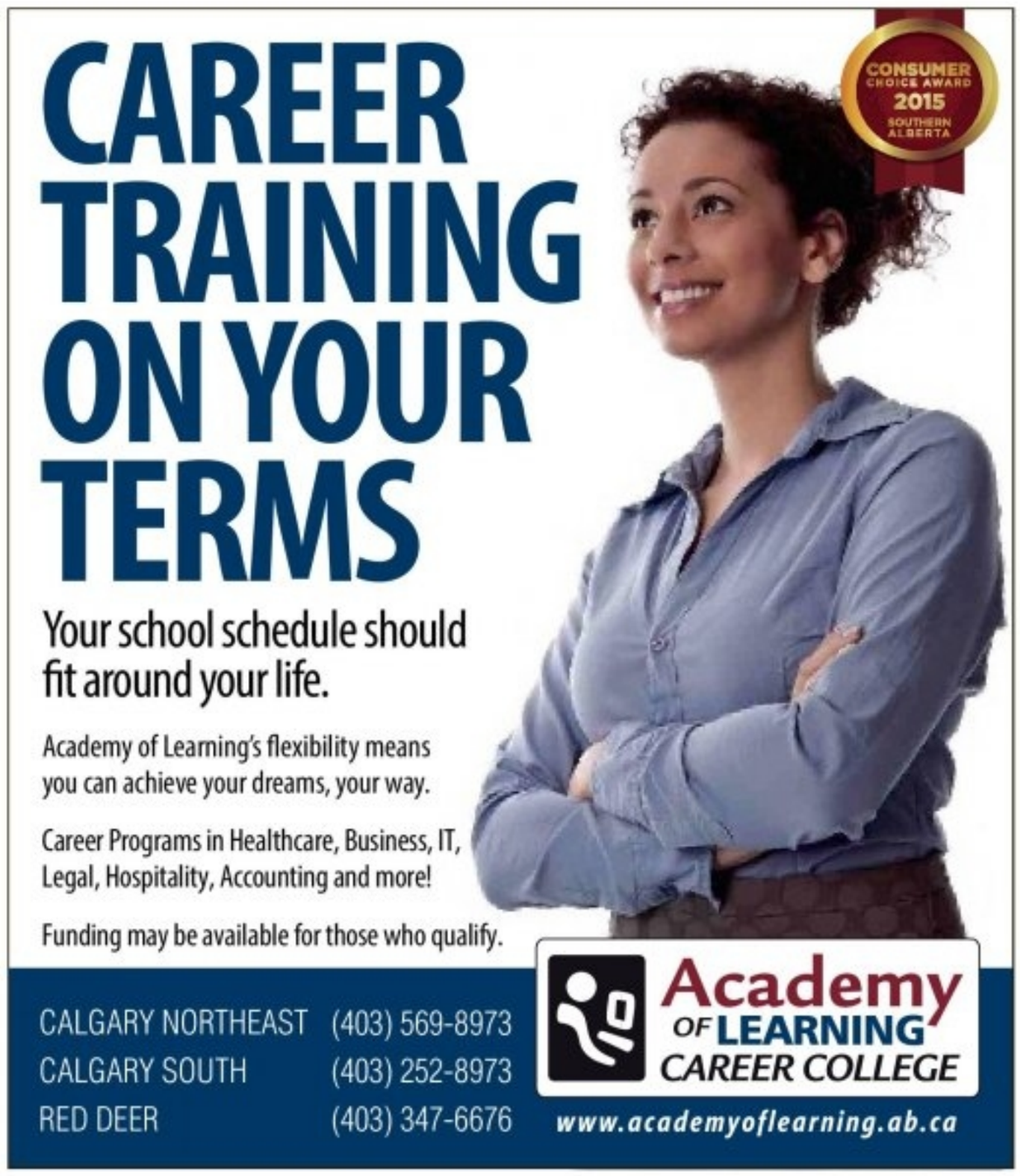
> **The greatest country music is the sad staff. That's where you learn stuff. That's how you get through stuff.**
> Country star Dierks Bentley



5 CHILDREN OF FAMOUS PEOPLE WHO WERE KEPT A SECRET

Carlin Q. Williams, currently imprisoned in Colorado for unlawfully transporting a gun, is seeking DNA testing to confirm he is Prince's child. Here are some other celebrities whose children surfaced years — sometimes decades — after their birth. THE ASSOCIATED PRESS

1 Chuck Norris

Norris wrote about Dianna Decioli in his 2004 memoir, Against All Odds, acknowledging that his daughter was the result of a fling he had while married in late 1962. Norris said he and a woman named Johanna dated for a "few months" and only slept together once. He did not know about DeCioli until he received a letter from her in 1991, but when the two met, he knew immediately she was his child. "I didn't need DNA or blood tests... There was no doubt in my mind that she was my daughter," Norris wrote.

2 Arnold Schwarzenegger

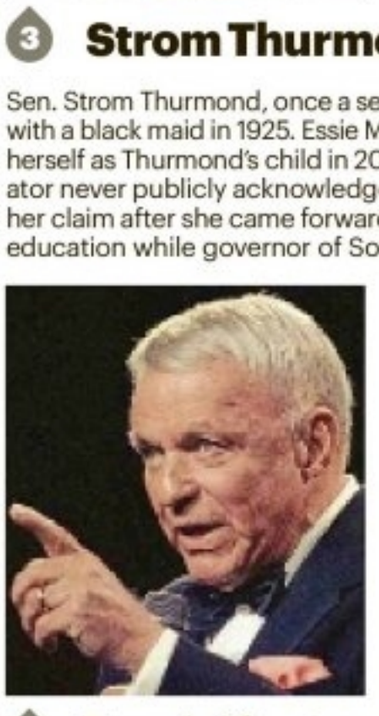
Schwarzenegger's affair with his longtime housekeeper, Mildred Baena, became public after the former California governor and Maria Shriver announced their divorce. Baena spoke in 2011 about the affair, including disclosing that her son, Joseph, was also Schwarzenegger's. He was 13 years old when the scandal broke and has been accepted by his father.

3 Strom Thurmond

Sen. Strom Thurmond, once a segregationist, fathered a daughter with a black maid in 1925. Essie Mae Washington-Williams revealed herself as Thurmond's child in 2003, after he died at 100. The senator never publicly acknowledged her, but his family recognized her claim after she came forward. Thurmond paid for her college education while governor of South Carolina. She died in 2013.

4 Hank Williams

Jett Williams was born five days after Hank Williams Sr. died at 29 years old in 1953. Her mother was a girlfriend of Williams Sr. between the country star's marriages. Jett fought for eight years to receive a share of her father's songwriting royalties and settled in court with Hank Williams Jr. in 1993. Jett is now a singer and songwriter.



5 Frank Sinatra

Mia Farrow said in a 2013 interview with Vanity Fair that it was possible her son, NBC News reporter Ronan Farrow, is Sinatra's and not Woody Allen's child. Farrow was married to Sinatra for 18 months and the pair "never really split up," according to her. In response to the claims, Ronan Farrow tweeted, "Look, we're all possibly Frank Sinatra's son."

CELEBRITY

Depp returning to the bachelor's life

Johnny Depp and Amber Heard in 2011. THE ASSOCIATED PRESS

Johnny Depp's wife has filed for divorce, citing irreconcilable differences after 15 months of marriage.

Amber Depp, an actress known as Amber Heard, filed for divorce in Los Angeles Superior Court and is seeking spousal support from the Oscar-nominated actor.

Heard listed their date of separation as Sunday. The pair has no children together.

Depp and Heard met while co-starring in the 2011 film The Rum Diary. Depp's latest film, Alice Through the Looking Glass, is due to be released on Friday.

The actors have been embroiled in a dispute with Australia's deputy prime minister, who last year threatened to euthanize their dogs, Boo and Pistol, after they were illegally smuggled into the country. Heard pleaded guilty last month to falsifying documents to conceal the pets when she arrived by private jet to join her husband on the set of the fifth movie in the "Pirates of the Caribbean" series.

The pair videotaped an apology as part of a deal that allowed Heard to avoid a conviction. But the actors have been derided because of their wooden deliveries in the film.

THE ASSOCIATED PRESS

Performers pass on Trump

ENTERTAINMENT

The Weeknd, Belly bow out on Kimmel due to candidate

ABOVE: Republican presidential candidate Donald Trump talks with host Jimmy Kimmel during a taping of his television show. INSET: The Weeknd. THE ASSOCIATED PRESS

R&B singer The Weeknd and rapper Belly have cancelled their performance on Jimmy Kimmel Live! because Donald Trump was set to appear on the episode.

The Oscar-nominated musicians were slated to record their performance Wednesday in Los Angeles for the late-night ABC show. Belly said he cancelled because he didn't want to share a stage with Trump and disagrees with the presumptive Republican presidential nominee's views and beliefs.

"I feel like the way I was raised was to be able to see through all the titles in this world — from religion to race," Belly said in a statement. "I just didn't want to feel like I was a part of a celebration for somebody who has beliefs the majority of us don't agree with."

Trump has been criticized by some political rivals and voters for his comments on topics including women, refugees, immigrants and Muslims, such as when he said some Mexican immigrants in the U.S. illegally are "rapists" and called for a ban on Muslim immigration into the United States.

The Jimmy Kimmel show had no comment, a representative said. Representatives for The Weeknd and Trump didn't immediately respond to emails seeking comment.

The Weeknd won two Grammy Awards earlier this year, including best urban contemporary album for"Beauty Behind the Madness. Belly has co-written many of The Weeknd's hits, including Earned It, The Hills, Into the Night and Often.

The Weeknd appears on Belly's song Might Not, which they were set to perform on Kimmel's show.

Belly, who's signed to Jay Z's Roc Nation management, will release a new mixtape, Another Day In Paradise, on Friday.

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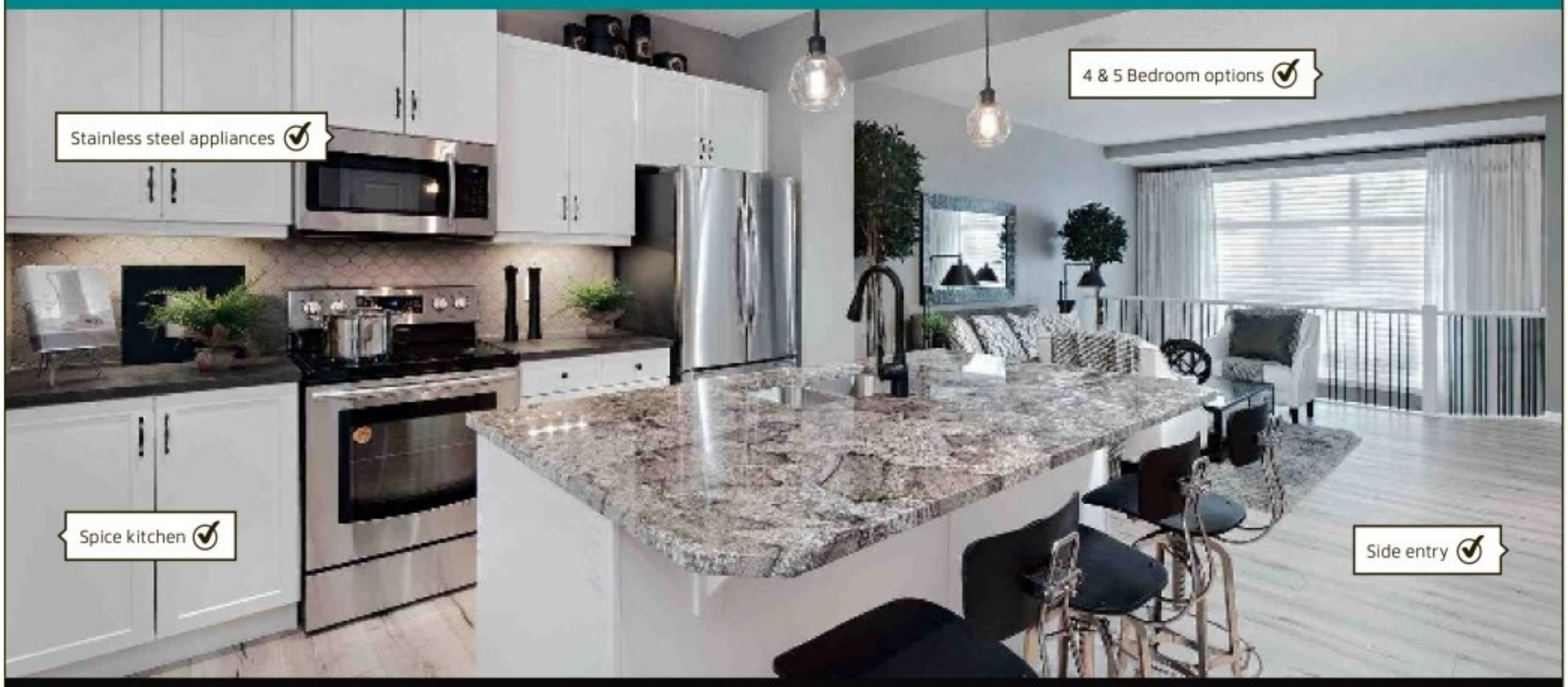

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SEEING DOUBLE
WHEN LOOKS CAN BE DECEIVING...

Who doesn't like being told they're a dead ringer for a star? Well, maybe not someone who's a star in their own right. Helen Hunt tweeted out a case of mistaken identity when a Starbucks employee thought she was fellow Oscar winner and director Jodie Foster. But Hunt is not alone — it happens all the time in the celeb world. TORSTAR NEWS SERVICE

Zooey Deschanel and Katy Perry

Big eyes, long bangs, dark hair, endearingly goofy style. Singer Katy Perry and actress/singer Zooey Deschanel could be sisters. Krysten Ritter and Lizzy Caplan have also been mentioned as sharing similar looks. What do you call a quartet of adorable brunettes?

Isla Fisher and Amy Adams

The red-headed, fair-skinned actresses are often mistaken for each other. "I get Isla Fisher all the time, still. And I know Isla and for a while our kids went to the same dance school," Big Eyes star Amy Adams told Vanity Fair in 2014 about being mistaken for the Confessions of a Shopaholic actress.

Chad Smith and Will Ferrell

Red Hot Chili Peppers' drummer Chad Smith sure looks like Will Ferrell. It's provided hours of entertainment, including a drum-off between Ferrell and Smith on The Tonight Show Starring Jimmy Fallon in 2014. Recently they teamed to support various causes with the Red Hot Benefit Comedy + Music Show & Quinceanera in Los Angeles.

Keira Knightley and Natalie Portman

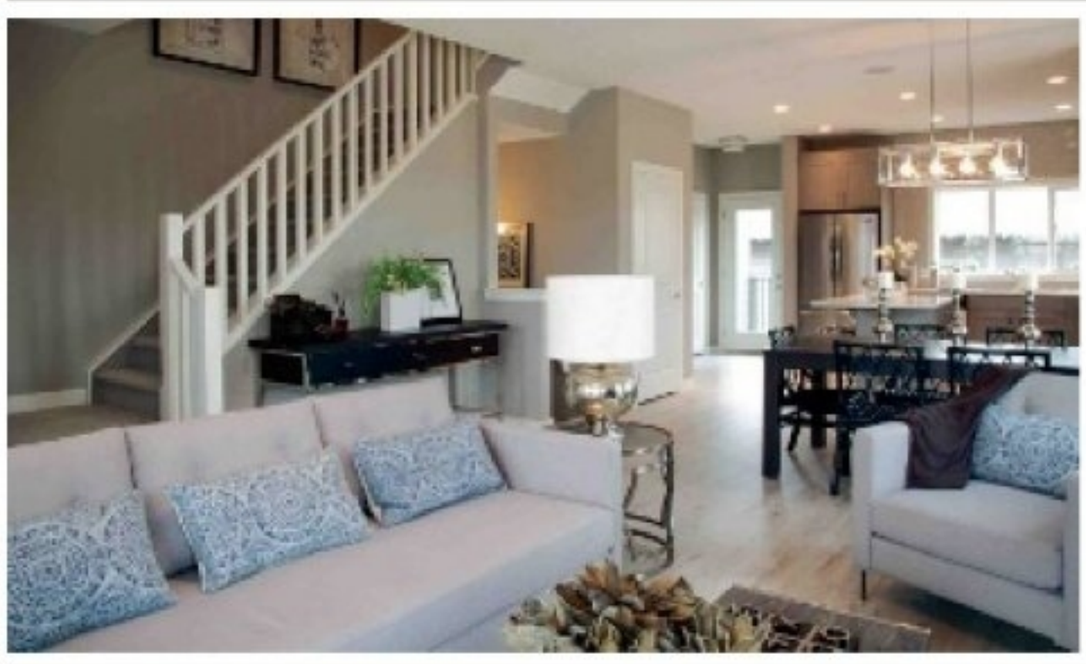
It all started with Star Wars. Keira Knightley played Sabé, handmaiden for teen Natalie Portman's Queen Amidala in 1999's Star Wars: Episode I — The Phantom Menace. So of course they're easy to confuse. Knightley told British TV show host Graham Norton she even gets chased through airports by Portman fans. "It's happened like five times."

Laurence Fishburne and Samuel L. Jackson

"We don't all look alike!" Jackson said while berating a Los Angeles TV reporter for putting his foot in his mouth during a live interview about the then-upcoming reboot of RoboCop. The reporter was talking about Jackson's Super Bowl commercial, a job he hadn't done. It was Fishburne. "You're as crazy as the people on Twitter," said Jackson.

Jessica Chastain and Bryce Dallas Howard

Another pair of porcelain-skinned redheads, many people seem to think Jessica Chastain and Bryce Dallas Howard are carbon copies. Quick — which of the two starred in Jurassic World? There's even a song about the common confusion, which Howard cheekily lip-synchs on Chastain's Instagram account, no doubt leaving some more confused than ever.



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Hopkins dresses up for television role

FEATURE

'I wasn't cut out to be an actor,' Oscar winner says

He's a much-lauded Academy Award-winning performer and his Hannibal Lecter is one of the all-time great movie villains.

But as he reflects on playing a fading stage star in TV movie The Dresser, Anthony Hopkins says: "I wasn't cut out to be an actor."

"I wanted to be a musician, but I drifted into this business by mistake," Hopkins told The Associated Press. "I'm still looking over my shoulder thinking somebody will say, 'Sorry, Tony, you're in the wrong business."'

The business has no such doubts. Hopkins gained Oscar nominations for playing the eponymous president in Nixon, John Quincy Adams in slavery drama Amistad and the loyal butler Stevens in The Remains of the Day.

He won a best-actor Oscar in 1991 for cannibalistic serial killer Lecter in The Silence of the Lambs.

In The Dresser — airing Monday in the U.S. on Starz — the 78-year-old Welsh actor plays Sir, a cranky, creaky old thespian mounting a threadbare wartime production of King Lear and battling the infirmities of age.

Ian McKellen co-stars as Norman, his devoted dresser, in a juicy display of skill by two British acting aristocrats (both men have been knighted by Queen Elizabeth II).

Adapted from Ronald Harwood's play, The Dresser is a bittersweet ode to the theatre, with its feuds, camaraderie and magical stage transformations.

Hopkins has no such fond memories of his own early experiences in the fabled National Theatre company of Laurence Olivier.

"I found it absolute purgatory," he said. "All those endless tours as a walk-on, running on in wrinkled tights to Olivier's Othello.

"I'm not a good team player. I'm a bit wild and a bit crazy. I just want to break out and do something else, and I just couldn't take the routine of it. Wet Wednesday afternoons in the Waterloo Road — I just thought, God, what a depressing life."

Hopkins focused on movie roles after getting his screen break playing Richard the Lionheart in The Lion in Winter in 1968.

He infamously walked out of a 1973 stage production of Macbeth in mid-run, and has not performed for the theatre in almost 30 years. One of his last stage roles was a 1986 National Theatre production of King Lear.

He says it was not a great success — he was "too young, too confused and too unsettled" to play Shakespeare's fallen king.

"I just wanted to get the hell out of the theatre," he said. "It was nobody's fault — David Hare did a fine production, but I just wasn't up to it."

Producer Colin Callender said the TV movie started as an attempt to lure Hopkins back onto the stage in a revival of The Dresser. Callender flew to meet Hopkins in Los Angeles, and "as I sat down he said, 'I'm never going to do this on stage. But I will do it for television."'

Hopkins said filming The Dresser — shot at Ealing Studios and London's grand old Hackney Empire theatre — was "the best time" he's had as an actor.

"The play is so well-written, and Ronald Harwood addresses the very make-up of the actor," he said. "And I thought, 'Yeah, I know this guy.' I knew exactly how to play the man. Because I've been that. I am that."

Hopkins gets to perform chunks of King Lear in The Dresser, and the experience has emboldened him to tackle Shakespeare's tragedy again.

He will play the king in a television version of the play, made by Callender's company for the BBC.

And it has made him rethink his aversion to the stage.

"Ian's trying to get me to go back to the stage, but I don't think I've got the courage to do it," he said.

"I don't think so. I'm not sure. It's something I just let waft around in my head. Maybe one day."

THE ASSOCIATED PRESS

British actors Sir Ian McKellen (left) and Sir Anthony Hopkins (right) perform in TV drama The Dresser. THE ASSOCIATED PRESS

> **I'm not a good team player. I'm a bit wild and a bit crazy. I just want to break out and do something else.**
> Sir Anthony Hopkins

Reflecting on the reimagining of Roots

INTERVIEWS

The cast of the new production talk about what the series means in 2016

Will history repeat itself with the remake of Roots?

The original miniseries, based on Alex Haley's bestseller, became a national phenomenon in 1977 as it told the multigenerational saga of his forebears, beginning with Kunta Kinte, a West African teen captured in the mid-1700s by slave traders and shipped to America.

Now, four decades later, Roots is being retold in a lush new production that, while running about 6.5 hours versus the original's about 9.5 hours, boasts a brisker pace with a heightened focus on the suffering and triumphs of Kunta Kinte and his descendants, and less attention to Americans along the way.

Airing Monday through Thursday at 9 p.m. EDT on History, it is already raising questions like: Why do it again? How to account for its enduring relevance? And, what was the impact of being part of it for its stars?

At Monday's premiere in New York, four cast members took time to answer some of these questions.

Malachi Kirby plays the central role of Kunta Kinte in the new Roots. CONTRIBUTED

The Challenge

"I felt very inadequate," said Malachi Kirby, who plays the central role of Kunta Kinte. "I had no idea how to take this on. He goes through things that I will never experience. He feels things that I don't think I've ever felt. I play him from 18 to 50; I'm 26. There was something bigger than myself, something bigger that I needed to access to reach the depths of who this man was. That led me to pray. A lot!" Rege-Jean Page, who plays Chicken George, said that following Ben Vereen's indelible performance in the original miniseries meant "a huge amount of pressure. A MASS of pressure! It was a bit of a millstone around my neck. But when something's important, when it calls on everything you've trained for, the trick is to flip the millstone around, onto your back. Then it gives you momentum."

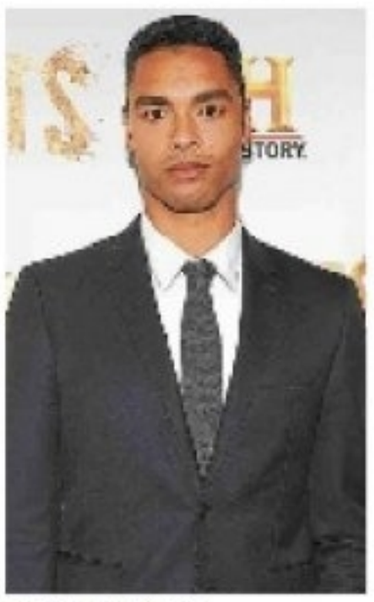
Why again?

Jonathan Rhys Meyers
GETTY IMAGES

Jonathan Rhys Meyers, who plays Tom Lea, a cruel and violent slaveholder, acknowledged "many people have said, 'Oh, God, do we have to make it again?' Well, yes. When they made it in the 1970s it was almost a Masterpiece Theatre version, whereas today, with our current ability and technology, we can produce 'home cinema,' which is something completely different from 'television.'"

On his character: "Tom Lea is what I detest in all men. He's a ne'er-do-well, ignorant, greedy, with uncontrollable anger," said Meyers. "When I walked on the set, it was, 'Here comes the bad man!'

"There were these two African-American guys I was friendly with who were playing older slaves on Tom Lea's plantation. On one of the last few days of the shoot, they looked at me and said, 'Tom Lea! You a DOG of a man! Jus' tellin' you, you a DOG of a man.' I said, 'Thanks very much, guys. I love you, too.' Mission accomplished."



Rege-Jean Page
GETTY IMAGES

It's an African story, not an American one

Said Page, "I have always found it curious that Americans consider Roots an American story. I first watched it growing up in Zimbabwe, and I naturally saw it as an African story. It is about Africans brought to America and having a new identity forced upon them. Kunta Kinte is NOT an American, and he utterly rejects that idea at every turn. But this is a story of the MAKING of America, and I think there is no wrong time to retell and improve upon our knowledge of that story."

Anna Paquin
GETTY IMAGES

On being the 'good' guy

Anna Paquin plays the small but key role of Nancy Holt, a Confederate officer's fiancee, in a performance she feels drives home an important message.

"You can't stand by and do nothing," she said.

"You're not off the hook just because you weren't the one wielding the whip. Inaction, just like action, can represent complicity. That's what she means to me."

Rege-Jean Page as Chicken George CONTRIBUTED

Is Roots to downbeat?

"I think art that confronts dark passages and turns it in a way that develops our consciousness, our sense of identity, our future, is honourable," said Page. "So I don't think it's something to be avoided. I think it's something to be taken with a great sense of responsibility — and that drives the work to a more ambitious place than it would be otherwise."

THE ASSOCIATED PRESS

Private Eyes gives 'er with Canadiana

DETECTIVE DRAMA

Toronto-based show oozes hockey, Roots and CN Tower

Shelley Eriksen and Alan McCullough, executive producers of the new Global TV detective show Private Eyes, say they are selling Toronto to the world for "the awesome city it is."

"We're the fourth largest city in North America and one of the most diverse on the planet. We want to embrace everything about it, there's no need for apologies," says Eriksen.

Canada,

says McCullough, "isn't as uncool as it used to be."

"Because it's 2016!" chimes in Eriksen. With that in mind, we tested star Jason Priestley to see whether the new show is up to CanCon snuff.

Hockey
Priestley's character is an ex-hockey player. And in the first episode there is former Toronto Maple Leaf Doug Gilmour. "It was great, I've known Doug for a long time and we were lucky enough to find a hole in his schedule to spend a couple hours with us. We had a great time," Priestley says.

CN Tower
"It's definitely in the show and it's in the show all the time. Actually, right from the start. I can't tell you how nice it is to shoot in Toronto and not have to shoot around it."

Canadianisms
"There are lots of Canadian phrases.... One of my favourites that we use is 'Just give 'er!' It means like you're going to try something, give it maximum effort. That's classic."

Canuck Fashion
"I've worn Roots stuff already on the show; I'm in this leather jacket. And I'm sure if there was a winter scene they'll put me in Canada Goose. So far no Joe Fresh underwear. Does Joe Fresh make underwear?"

Poutine and Barenaked Ladies
"Oh yeah. Poutine. We haven't shot a scene yet. But it has to make an appearance. And the Barenaked Ladies haven't been on the show yet. But never say never. Maybe we can have the Barenaked Ladies eating poutine."

TORSTAR NEWS SERVICE

Jason Priestly and Cindy Sampson star in Private Eyes on Global. TORSTAR NEWS SERVICE

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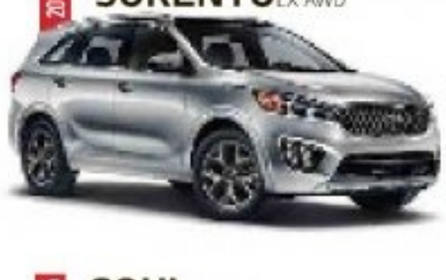
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KIA The Power to Surprise

Oprah Winfrey unveiled the first episode of her new series Greenleaf Wednesday at a private screening at Soho House in West Hollywood, Calif. AP FILE/STEVEN SENNE

Winfrey returns to script in new drama

SERIES

Greenleaf centres on megachurch corruption

Oprah Winfrey's latest project as both producer and actress continues her exploration of religion and spirituality.

The media mogul unveiled the first episode of her new series, Greenleaf, on Wednesday night at a private screening at Soho House in West Hollywood, Calif. The show, which follows the personal dramas and questionable ethics of a family at the centre of a Memphis, Tenn., megachurch, is set to premiere next month on Winfrey's OWN network.

After taking a documentary approach to faith in her Belief series that aired on OWN last year, Winfrey sees Greenleaf as "another platform to really offer the message that we are more alike than different; to offer the message that being grounded in knowing what you believe is important. I'm not trying to tell you what to believe or how to believe."

She developed Greenleaf with the show's creator, Craig Wright. It focuses on the title family, led by Bishop James Greenleaf (Keith David), a charismatic preacher who lives in a palatial estate with a full time staff. His riches may have unscrupulous origins, though, because he starts sweating when a local politician says he's looking into churches' tax-exemption claims. All the bishop's adult children have gone into the family business except Grace (Merle Dandridge), who left Memphis for a new life in Arizona and stopped going to church.

> **I, Oprah Winfrey, am going to do nothing ever that disrespects the church.**
> Oprah Winfrey

Winfrey plays Mavis, an outspoken bar owner estranged from her sister, Greenleaf family matriarch Lady Mae (Lynn Whitfield). Winfrey said she based the character on her late friend and mentor Maya Angelou.

"If Maya had a bar, she would be Mavis," Winfrey said.

Wright, David, Dandridge, Whitfield and producer-director Clement Virgo appeared alongside Winfrey for a panel discussion after the screening.

While Greenleaf examines how righteous or corrupt these church leaders might be, Winfrey and the other panelists say the show remains respectful of church traditions.

"I am who I am, where I am, sitting here today, because of the black church. But there are some people within the church with some flaws," she said.

THE ASSOCIATED PRESS

Hosts not sweating the expectations

TOP GEAR

Popular auto show roaring back with new crew on board

Top Gear doesn't do understatement.

If it were a car, the BBC's hit auto show would be a flashy, precision-tooled racer. Co-host Chris Evans calls it "a car-show nuclear bomb" - and it returns to the screen facing the fallout of former host Jeremy Clarkson's explosive exit.

The show's fusion of blokey banter, consumer advice and adrenaline-fueled automotive stunts in far-flung locations made it a huge hit, watched — according to the BBC — by 350 million people around the world.

The Top Gear formula, fine-tuned over many years under the brash Clarkson, has brought both success and controversy. Clarkson and his fellow presenters left last year after an off-set dustup in which Clarkson punched a producer (he later apologized and paid damages).

Now the show is back, fronted by Evans and actor Matt LeBlanc, zooming away from his best-known incarnation as Joey Tribbiani on long-running sitcom Friends.

"When I was first starting out, I always wanted my career to take me to exotic places," LeBlanc said during an interview in London. "And I ended up in a building in Burbank for 12 years with no windows."

He's making up for it now. Filming for the six-episode season of Top Gear has taken the crew to Morocco, South Africa, Italy, Kazakhstan, the U.S. and the gaudy English seaside resort of Blackpool. LeBlanc has driven an Ariel Nomad dune buggy in the Moroccan desert and raced Evans up South Africa's treacherous Sani Pass — one of several hair-raising experiences.

"Some of the things we do, it was like, 'Really? This is all insured? Huh. Because that's a big cliff right there,"' LeBlanc said.

"You're constantly fighting (between) 'I want to win' and 'it's just a TV show,"' he said. "You want to make it entertaining, but you also want to make it."

In the new-look Top Gear — premiering Sunday in Britain and Monday on BBC America —main presenters LeBlanc and Evans are joined by German driver Sabine Schmitz, former motorsport boss Eddie Jordan, automotive journalists Chris Harris and Rory Reid and anonymous, helmeted driver The Stig.

Evans, a veteran British TV and radio host, says the format has been tweaked, but the essence of the program remains. He say fans — he counts himself among them — "don't want us to reinvent the wheel."

Clarkson and his co-hosts James May and Richard Hammond have decamped to Amazon's TV service for a rival show, The Grand Tour, debuting later this year.

Evans says he is relaxed about the competition, and pays credit to Clarkson and his colleagues for fusing car journalism with the wild spirit of rock 'n' roll.

"They took the component parts of a car show, and they said, 'OK, we could build this, or we could build a nuclear bomb,"' he said. "They assembled a car-show nuclear bomb. And they were just about to detonate it, but they're not there anymore so now we've got to do it."

Clarkson, a self-styled enemy of political correctness, regularly generated headlines with his dismissive views on cyclists, environmentalists and vegetarians, and insensitive statements about a host of nationalities.

It all made Top Gear a cultural touchstone as much as a TV show, and the returning show is under intense scrutiny in Britain.

There were outraged tabloid headlines when LeBlanc was filmed performing spins near the Cenotaph memorial to Britain's war dead. There have been media reports that LeBlanc and Evans don't get along - firmly denied by the duo.

"We have a great time, and hopefully that translates on screen," LeBlanc said.

"I've been involved in projects that were high-pressure situations before, so for me that's not really anything new. It's when they stop talking about you that you have to worry."

LeBlanc says he just wants to drive, and drive any kind of vehicle — small or large, petrol or electric.

"If it's got wheels on it, I'm in." THE ASSOCIATED PRESS

US actor and BBC Top Gear presenter Matt LeBlanc poses in Morocco on March 10. THE ASSOCIATED PRESS

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Diva Q closes the lid on stereotypes

INTERVIEW

Barbecue buff gets real about grilling craft and its culture

Danielle Bennett describes herself as "a barbecue woman through and through," but she's had to work tirelessly over a decade to gain credibility in an arena dominated by men.

She says she has won close to 400 barbecue awards — nationally and internationally — hosted the TV show BBQ Crawl for three years and has taken countless courses and apprenticeships. She travels tirelessly in search of barbecue — last year alone she took more than 50 flights and drove her truck more than 120,000 kilometres.

"It's been really hard to garnish that respect and integrity," says Bennett, who also goes by Diva Q. "Some people understood right away that I wasn't a joke ... (but also) I got dismissed a lot. Still to this day I do. I look at people and go, 'Really? After all these years?' It's 10 years now. I'm not new."'

But when it comes right down to it, she loves feeding people, especially family and friends, and has compiled her favourite recipes into a new cookbook, Diva Q's Barbecue: 195 Recipes for Cooking with Family, Friends & Fire (Appetite by Random House).

She includes tips on tools, rubs and sauces, choosing a grill, preparing it for direct and indirect heat, and using wood chips and cedar planks.

"It's a reference book you can go back to time and time again and not some flaky little book from some chick that does barbecue," says Bennett, who names Texas brisket and Asian influences among her favourites.

"There are tried-and-true recipes for Sunday suppers, weekend warrior programs, during the week. It really goes the whole range from southern classics - some recipes for biscuits because I love biscuits - to desserts to lots of fish and seafood dishes; especially in Canada we have lots of incredible seafood."

Along with recipes for salads and vegetarian dishes, an unusual item is a roast chicken stood up on a carved pineapple instead of the classic beer can, lending juicy flavour and moisture, Bennett says, without wasting "a perfectly drinkable beer."

Then there's meat cake, in which two layers composed of a beef, sausage and bacon mixture topped with cheese are layered between mashed potatoes. "I have already had people message me saying they want to try it for special occasions like Valentine's Day or their birthdays or mini meat loaf versions of it, like cupcakes," says Bennett.

When judging barbecue for charity events, taste, tenderness and appearance are key, she says.

"Appearance is one of those things where you're looking for things like that nice rich developed bark, the deep red mahogany colour that most barbecue has. Tenderness is pretty subjective, but basically ribs should not fall off the bone. You should be able to get a nice clean bite out of them. They should be tender, but ... if they're falling off the bone it means they're overcooked."

For taste, ultimately the bite needs to have a balance of salt, savoury, sweet and smoke.

"One of the things that people do often when they're first starting out is if they're using wood chips or wood chunks they oversmoke their foods. I don't want to bite into a log of wood. I want the wood to just hug my food and give it a little kiss, but I don't want it to slap me upside the head."

In her cookbook, she lists the grills she loves to use, and is quick to point out she did not take a single dime for any of the recommendations. Bennett also includes tips on winter grilling.

"A lot of my videos are done in the snow because I really believe that you should grill, barbecue 365 days a year. There is no such thing in my world as a barbecue season. It's every day of the year.

"Canada embraces that probably better than any other country in the world."

THE CANADIAN PRESS

Diva Q Danielle Bennett poses while cooking her Filipino style stuffed pork belly, a recipe in her cookbook Diva Q's Barbecue, May 18. THE CANADIAN PRESS

> I look at people and go, 'Really? After all these years?' It's 10 years now. I'm not new.
> Danielle Bennett

PRO TIPS

Danielle Bennett has four pieces of advice for the aspiring griller:

- **A clean grill is a safe grill:** A full inspection, checking hoses and lines to be sure there are no cracks and no rodents have moved in, is important. Grates should be cleaned to prevent build-up of bacteria.
- **Tools of the trade:** Pitch the fork included in most commercially-sold BBQ kits, says Bennett. The sharp points pierce what you're grilling and allow moisture to escape. Instead, she prefers gloved hands or long, heavy-duty tongs.
- **Hold the sauce — until the end:** One of the biggest mistakes a rookie might make is applying a sweet, surgary sauce at the beginning of the cooking process. If you add it too early, it's more likely to burn. Instead, brush it on during the last five to 10 minutes.
- **No peeking:** Keep the grill lid closed. Heat escapes every time the lid is lifted.

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RECIPE

Sizzling and sweet pineapple chicken

Beer-can chicken is a waste of perfectly drinkable beer, says Bennett.

Her version, which stands the chicken on a carved fresh pineapple, adds just as much juiciness plus some tropical flavour.

Pineapple stand chicken
Prep time: 30 minutes
Cook time: 40 to 50 minutes.
Rest time: 20 minutes.

Ingredients:
- One pineapple, large
- Whole chicken, 3 to 4 lbs.
- 50 mL (1/4 cup) pork and chicken rub
- Fresh pineapple salsa

For the salsa:
- Half a fresh pineapple, peeled, cored and chopped (use the pieces of pineapple chopped away from stand).
- 125 mL red onion, finely chopped
- 50 mL fresh cilantro, chopped
- 5 mL (1 tsp) kosher salt

Beer-can chicken with pineapple. HANDOUT

Directions:

1. Trim the top of the pineapple. Cut a slice from the bottom of the pineapple so it stands level on a flat surface.

2. With pineapple upright on a cutting board, peel the fruit and remove any eyes.

3. Cut vertical slices from the pineapple around the core, stopping 5 cm (2 inches) from the base. This will be the "stand" for the chicken. Set aside the slices.

4. Prepare grill for indirect cooking and preheat to 140 C (275 F).

5. Season chicken inside and out with rub. Invert onto the pineapple stand.

6. Place the chicken on the stand on cool side of grill and grill for 20 minutes.

7. Rotate the chicken and continue to grill until internal temperature of breast reaches 74 C (165 F) and thigh reaches 80 C (175 F), approximately 20 to 30 minutes.

8. While the chicken finishes, in a medium serving bowl, mix set aside pineapple, red onion, cilantro and salt. Set aside for 10 minutes before serving to allow flavours to develop.

9. Remove chicken from grill and remove pineapple stand.

10. Tent chicken loosely with foil and let rest for 10 minutes before serving with salsa.

THE CANADIAN PRESS

metro TRAVEL

Your essential daily news

The great road trip is expected to return this summer thanks to cheaper gas

Lonesome highway

Today's youth prefer cycling adventures and prepackaged tours to "road begging," as it was once called. Inset: Rita Daly, 18, left, and Barb Sneyd, 18, hitchhiking outside Moose Jaw. MAIN PHOTO ISTOCK; INSET CONTRIBUTED

Back in the 1970s hundreds of thousands of young people around the world hitchhiked as a rite of passage. Today, few venture onto the highway with their thumbs out. A writer looks back on the travels of her youth as she sets out on a road trip of a very different kind. **RITA DALY** FOR TORSTAR NEWS SERVICE

There was no awe-inspiring moment of, "Hey, why don't we hitchhike out west this summer." At least, not that I recall.

It was just the thing to do back then, when thousands of youth — actually hundreds of thousands — took to the highways and back-roads to travel across Canada, the United States and Europe by sticking out their thumbs.

It was 1972. School was out, rock 'n' roll was in, when three fresh-faced girls with long hair, faded jeans and backpacks joined this historic movement and set off to see a world beyond the borders of Toronto with just a bit of cash stuffed in our pockets and a naive sense that all would work out in the end.

It did of course. Our parents, thankfully, were none the wiser. Was it luck that nothing bad happened during the course of that, and subsequent, hitchhiking adventures? Or, were they really safer times than today?

Once, on a Hwy. 401 trek to Windsor, I recall being picked up by a man with a prosthetic hand on the wheel and a handgun on the seat. When he made a stop in London, we bolted.

Another time, thumbing around England and Scotland, a group of sketchy long-haired weirdos picked us up in a van outside Salisbury. They kept staring at us, like we were the freaks. We bailed in Dorchester.

Still, these memories remind me of those carefree days when hitchhiking was considered more a right of passage than a mode of transportation. Which brings me to the present.

My husband and I sold our house in Toronto, bought one on Vancouver Island and shipped our life westward. He flew out with the cat, and I, opting to drive, found myself on the same Trans-Canada route ventured more than four decades ago.

This time I was accompanied by a girlfriend with the comforts of modern-day road travel — a skinny latte, iTunes and a browser that booked nightly hotel rooms in upcoming towns.

It made me wonder though, how many young people are hitching the highways today? Not many, I guessed, and guessed right.

During our week on the road, travelling some 4,000 kilometres from Toronto to Vancouver, we passed only five groups, or a total of 10 people, thumbing rides — three young girls, with large packs, heading north out of Port Severn, a young man hitching alone outside Thunder Bay, a couple heading west on the outskirts of Winnipeg, two young guys on the outskirts of Moose Jaw holding a cardboard sign that read "Next Town," and a young French-Canadian couple with their dog, Gogol, in Revelstoke heading God-knows-where, because they didn't know.

The numbers were a far cry from the throngs we ran into back in the '70s — camping out in peach orchards, wheat fields or public parks — when it seemed like everyone was, as Jack Kerouac said, on the road. You never felt alone. By contrast, today's hitchhikers seemed a lonely lot, isolated in their own time warp.

That's what I hastily assumed as we zoomed along, proud that I played my bit part in a huge counterculture experiment that today's hitchhikers lost out on. Of course, young people on the road these days may not necessarily feel that way. I have to assume they are carving out their own unique adventure, just in a different age.

Gabriel René and Caroline Dawson, for instance, are today's consummate version of '70s free-spirited hippies. Both 23 and from Montreal, they have hitched across Canada several times, thumbed around the east coast, the U.S. and spent six months thumbing around Australia.

They have been on the road this time since January, carrying the usual tent, cooking gear, sleeping bags, guitar, food and clothes. Gogol has her own pack. They have found nothing but friendly rides, interesting people, and the freedom and romance of the road.

"We've had thousands of rides probably and never had any problems with anyone," said René.

As they turned and headed toward the highway, I asked where they were going next. "Not sure, maybe east, maybe the islands," said Dawson, meaning the west coast.

René smiled with a shrug. "Maybe north."

> **How many young people are hitching the highways today? Not many, I guessed, and guessed right.**
> Rita Daly, on her road trip this year

Hornby Island: The Hawaii of the north

B.C.

Modest jewel perfect place to spend the summer

Two sisters play wistful music as cars board the ferry leaving Hornby Island.

ALL PHOTOS KAREN MACKENNA FOR TORSTAR NEWS SERVICE

There is art in nature on this beautiful isle.

Hornby is one of those places you want to tell everyone about and yet at the same time no one.

The Salish Sea island, often referred to as Hawaii of the north, has warm waters and sandy beaches that set it apart from neighbouring islands, with their rocky beaches and frigid ocean temperatures.

Someone once said that Hornby floated up from further south a millennia ago.

This may just be island lore but Hornby does seem to have a geography all its own.

It takes three ferries and the better part of a day to get there from Vancouver, which is fitting because the journey to Hornby is more like a pilgrimage to a sacred place.

Once your feet touch the ground or your car rolls off the boat, you are on Hornby time.

The air is a fragrant cocktail of salt, wild rose and blackberry. Not far from the ferry docks you will come across the Cardboard House Bakery, an island landmark. It is a tradition in some families to stop here at the beginning of each holiday for a frangipane tart or some other delicious treat and sit with them in the bakery's apple orchard. Take a moment here to ponder which beach you might visit on day one. Such are the tough decisions one must make on Hornby.

Each beach has its own unique offering. Tribune Bay draws the most tourists with its dramatic cliffs, white sand and tropical vibe, but Pebble Beach and Whaling Station Bay —where the tide deposits new bounty each day, littering the ocean floor with sand dollars one day and spider crabs the next — are also excellent choices.

At low tide there are games of bocce and skim boarders surfing the shallow pools. At high tide, families wade into the bathwater while children race to save their drowning sandcastles.

These are the scenes of summer — island rituals embedded in the mind's eye.

Hornby may be the only place in the world where you can dive with six-gilled sharks, but you may prefer the relative safety of a leisurely sea kayak trip around the island.

Hug the shoreline and you will see thousands upon thousands of starfish clinging to the rocks.

It is an impossible sight only rivalled by a walk through old growth forest onto Helliwell Bluffs. Here the grass is so yellow and the sky and sea so blue that it feels as if you have stepped into an Edward Hopper painting.

At the end of Whaling Station Bay there is a thatched roof cottage. It is a beautiful piece of architecture that blends seamlessly into the tall grass. A modest jewel, like the island itself.

TORSTAR NEWS SERVICE

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TRAVEL NOTES FIXER UPPER, MAKEOVER, UNLIKELY ATTRACTION

Friends, Romans: help restore Rome's ruins, monuments

Rome has pleaded for patrons to help pay for the restoration and maintenance of some of the hundreds of fountains, monuments, archaeological sites and historical streets in the Italian capital. City officials said Tuesday they are grateful that fashion companies like Fendi have paid for restoration of prestigious monuments like Trevi Fountain and that even countries like Azerbaijan are helping. But they say more help is needed, including for routine maintenance of monuments.

THE ASSOCIATED PRESS

ISTOCK

Ripley's reopens in Niagara Falls after six-month makeover

Oddball items and curiosities are back on display in Niagara Falls, Ont., now that one of the city's mainstay attractions has reopened following a major modernization. Ripley's Believe It or Not opened the doors to its so-called "odditorium" Friday after six months of renovations aimed at replacing traditional exhibits with something more hands-on. The revamped attraction features interactive exhibits, including one that allows visitors to simulate walking a tightrope over the iconic falls. THE CANADIAN PRESS

THE CANADIAN PRESS

Power plant as tourist attraction

Climb a peak at the heart of the Jeseniky mountain range in northeastern Czech Republic and there's an unexpected reward: As well as a breathtaking view of the surrounding mountains, there is a 37-acre artificial lake that neatly fits the flat top. With another man-made reservoir more than 500 metres below it, it forms a pumped storage power plant — and more recently it has become a major tourist attraction.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

The natural beauty of Glacier

CAMPING

Park can be accessed by train via Chicago

Chicago skyscrapers faded into green Wisconsin, and as the sun set over the Mississippi River. Sit back and watch as 2,400 kilometres go by aboard the Empire Builder train bound for Glacier National Park.

The historic train, which debuted with the Great Northern Railway in 1929, carries travellers between Chicago and the Pacific Northwest, with stops along the edge of the national park in western Montana.

Part adventure, part budget, the train is about half the cost of flying. Another plus: mammoth backpacks with protruding hiking poles will fit, with creative manoeuvring, into the train's overhead compartments. Board the double-decker Amtrak train in Chicago's bustling Union Station. The coach seats have larger-than-expected seats with ample legroom, leg rests and power outlets. The seats recline, but not fully, which makes sleeping manageable but not especially comfortable.

TIP
Don't rely on mobile devices in the park. Even at some lodges, Wi-Fi is spotty at best.

Sunrise over the plains are the cue to head to the viewing and dining cars, where floor-to-ceiling windows offer panoramic views of ranchland, towns and distant oil rigs.

The park operates free, easy-to-use shuttle buses to explore the many trailheads, campsites and stunning views along Going-to-the-Sun Road, the only roadway bisecting the park.

But getting to other areas of the park without a car can be tricky. Campgrounds can quickly fill up and backcountry camping permits aren't easy to get so it is best to book the sites that can be reserved in advance.

The out-and-back trail Grinnell Glacier pulls hikers above lakes surrounded by pink, yellow, purple and white wildflowers. A nearby trailhead accesses the roughly 18 kilometre route to and from Ptarmigan Tunnel, where rocky switchbacks climb to a dark tunnel, cut though the peak, that opens to maroon-tinted cliffs dropping into a deep valley.

Only 25 active glaciers remain in the park, out of an estimated 150 that existed in the area in 1850. The National Park Service says those could be gone by 2030. So however you get there, don't wait too long.

THE ASSOCIATED PRESS

Glacier National Park is home to seemingly endless mountain peaks, waterfalls, valleys, wildflowers and lakes. PETR DAVID JOSEK/THE ASSOCIATED PRESS

Use the right moves to prevent back pain

ISTOCK

When it comes to preventing workplace injuries, time truly is of the essence. And to prevent these injuries it's important people know when it's time to get moving.

"Whether you are standing all day on an assembly line or sitting all day in your chair, prolonged static posture is your enemy," explained Dr. Brian Gushaty, an Edmonton-area chiropractor. "The healthy body can only tolerate staying in one position for about 20 minutes."

Several types of jobs may be more prone to incurring workplace-related injuries, whether that's a result of positioning or the type of performance they're expected to put their bodies through.

"For those that work on their feet, their job usually involves awkward postures and repeated forceful movements," Dr. Gushaty added. "This could include construction workers, nurses, auto mechanics, store check-out personnel, etc. A lot of their pain comes from overextension [twisting] of the spine from heavy lifting, pulling, pushing.

"This can wreak havoc on your back over time as you could be dealing with repeated strains and sprains, which don't have time to heal because you aggravate them daily."

There are a number of ways that you can help prevent back-related workplace injuries. Eating well, getting enough sleep, and getting adequate exercise can help prevent muscle fatigue, strain, tendonitis and other disorders of the movement system. In addition, stretching can help improve range of motion and physical function, and can help you avoid injuries. Finally, the old adage of "don't lift with your back" applies. Correct body position and lifting technique can play crucial roles in preventing injuries. And getting up and getting your body moving every 20 minutes or so can also reduce the risk.

Of course, if an injury does occur, make sure you take the proper actions to get help. It may not just "work itself out" or "go away," and employers need to start the process to ensure you get the help they need.

"If you've hurt your back on the job, it's critical to inform your employer," Dr. Gushaty said. "Your workplace will need to document your injury if indeed you need to apply for workers' compensation benefits."

For more information on how you can "Move Better. Feel Better. Live Better." please visit the Alberta College and Association of Chiropractors at albertachiro.com.

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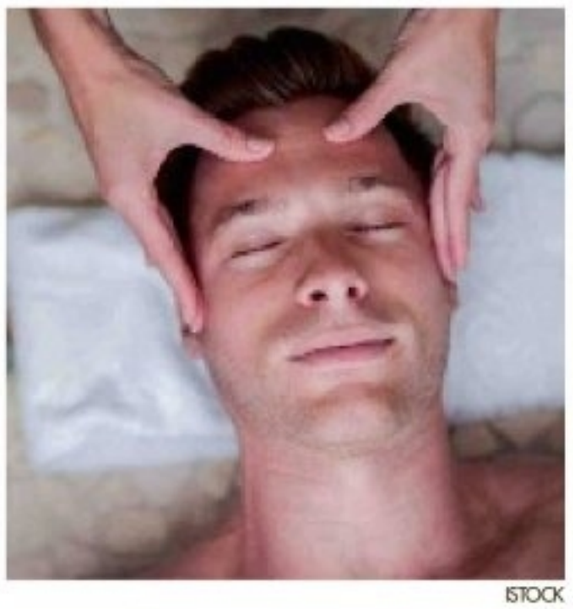
Father's Day is the perfect time to treat dad to a spa treatment



ISTOCK

Spa treatments don't just make great gifts for moms — men need to rejuvenate, too.

With Father's Day just around the corner, it's the perfect time to think about treating dad to a day at the spa.

While the spa day for dad might not be top of mind, it should be, according to Santé Spa marketing director Christina Arthur Dick, who says that Conde Naste Traveler magazine stats show that 35 per cent of spa goers are actually male and the number is rising.

"Men are learning that spas can offer them the kind of physical therapy that seeps into every aspect of their lives, which the playing field or golf course can't necessarily provide," she says.

"Spa treatments can de-stress a person on another level, with the help of the powerful human touch, skin treatments and complete body overhaul."

Most popular men's treatments — include facials and therapeutic massages.

"Men have some of the same needs as women, and our staff is trained to customize each treatment, including facials, to the specific needs of the client's skin to tailor the treatments to their requirements," Arthur Dick adds.

There are a variety of spring specials for clients to take advantage of at Santé Spa, which is a boutique spa located at the top of the Hotel Le Germain in Downtown Calgary.

For more information, please visit germain.santespa.com.

Soothing care for your skin

You don't have to be an athlete to get athlete's foot.

In fact, 1 in 10 North Americans will suffer from the highly contagious skin infection caused by fungus — and for 50 per cent of sufferers, the condition is reoccurring.

While there are a variety of treatments available, a highly effective remedy is Jian Pai Skin Healer cream, which is successful in treating athlete's foot — also known as beriberi — caused by fungus, according to Montreal-based distributor Canada Orient International Trade's spokesperson M Chen.

"Jian Pai cream helps heal or reduce various skin problems including athlete's foot. This cream is suitable for everyday use and is effective for most skin problems," Chen says.

The Jian Pai skin cream is 100 per cent natural so it doesn't contain hormones and the product carries an NPN issued by Health Canada.

"It is recommended to take a bath or shower with warm water and dry the skin prior to applying the cream. Removing scab and old skin can facilitate the penetration of skin cream. It is better to massage several times when applying the cream."

To get over athlete's foot completely, the cream should be applied for at least 10 days

ISTOCK

and personal hygiene should be kept as the condition is highly contagious.

"Do not share towels or shoes. If more than one family member suffer from the condition, it is better to treat at the same time until all have completely recovered."

Treatment for those needing reading glasses

What if enjoying your favourite book didn't require finding your reading glasses anymore?

What used to sound impossible is now a reality for thousands of Canadians who need reading glasses as a promising new treatment is now available at Gimbel Eye Centre in Calgary and Edmonton, according to Chief Operating Officer Gregg Becker. The process is quite new to Canada but is being used in many other parts of the world including Japan and Europe.

"The KAMRA inlay one of the most promising treatments we at Gimbel have found to address the age old challenge of eyes that come to need reading glasses. This surgery basically reduces or eliminates the need for reading glasses in our patients," Becker says. "I've had it done and it reduced my use of reading glasses by about 80 per cent."

The KAMRA inlay itself is a high tech insert, which is placed into the cornea of one eye in a simple and short procedure, with no pain, and it uses the same laser technology as other

ISTOCK

procedures done at Gimbel, which have been used for decades

It's just another reason why Gimbel Eye Centre is a pioneer in safe and high quality service for over 50 years in Alberta as it continues to lead the industry in innovation.

"Our surgeons began practicing in the areas of cataract and refractive laser surgery when the field was relatively new and the procedures they pioneered are now common across the industry," Becker adds.

For more information, please visit gimbel.com.

Make looking after your health simpler with the right education

Interest in health and nutrition has never been higher — nor has the confusion about what we should be doing to improve our health. With the abundance of products available combined with a lot of misinformation, it's very difficult to figure out what's best for you and your family.

A new store in southwest Calgary is changing that, making looking after your health simpler through education, information, and quality products.

"I want to arm you with knowledge," says Riz Khimji, owner of the newest Sangster's Health Centres® that opened in May at Glenmore Landing.

It's important to make sure they get the right product for them and their body and the proper way to take or use that product. If I can give you knowledge to purchase the right things for your family, I've done a good job."

Sangster's is a Canadian franchise founded in 1971. Visitors to the new Sangster's will find vitamins, herbs, sports nutrition, natural body care products, natural foods and organics and products for those with specialized diets.

CONTRIBUTED

The store will also focus on providing education and products to improve women's health, as Riz believes that healthier moms lead to healthier families.

"I want to make a healthy lifestyle accessible to everyone," says Riz "I hope people feel that they can stop in anytime, ask questions. We all deserve to feel wonderful and managing our health is the best way to do that."

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Get treatment for minor injuries at a walk-in clinic

Some people might be surprised to learn they don't have to go to a hospital emergency room to treat their minor injuries or fractures.

Calgary's Minor Injury Walk-In Clinic is a practice that believes that the best care for minor injuries and fractures doesn't have to come from a hospital, according to clinic owner Dr. Talib Muhammed.

"Our trauma experienced physicians believe in working with our patients to properly manage minor injury. We work together to serve our patients," he explains. "Our physicians believe in providing comprehensive health care services to our patients in a friendly, relaxed atmosphere. We also believe in educating our patients as we work with them to achieve the best physical state possible."

Referral to hospital and emergency room will be done as required but many different types of injuries including sports injuries can be treated at the facility. The clinic is covered by Alberta health and no referral is necessary.

CONTRIBUTED

"We also provide same day assessment for your injury, urgent X-Ray or Ultrasound will be ordered as required," Dr. Muhammed adds.

Some of the many services offered include fracture assessment and management, follow up visits, stiches of lacerations, sports injury, car accidents assessment, post injury Tetanus Vaccine, burn management and a referral to hospital or specialist as required.

For more information please visit minorinjury.com or call 403-457-5900.

SUMMER IS THE PERFECT TIME TO REJUVINATE YOUR SKIN AND HAIR

It's summertime — and that's the perfect time to rejuvenate your mind, skin and hair.

With the hot temperatures here, your body needs a little bit of rejuvenation, according to Hair Restoration Services (HRS) owner Arlene Forster, who says the people should think about face and body renewal for the summer.

"We believe in rejuvenating your hair, body and skin so that you can look and feel your best, especially as the weather warms up," Forster says.

"Not only do we offer free consultations on all of our services but are more than just hair and we have all of the latest technology in fat and cellulite reduction, skin tightening, laser hair removal and skin resurfacing."

Forster uses cutting-edge technology including the Body Fx, which is a radio frequency machine that reduces cellulite and tightens skin at the same time as well as laser hair removal and the wrinkle reducing machine, Fractora. She also offers Hair Talk hair extensions, Revita, which is a growth product and Capillus laser cap in a variety of sizes and prices. HRS also specializes in hair loss treatments for both men and women.

CONTRIBUTED

Hair Restoration Services has won the Consumer Choice Award for 12 years in a row, including 2016, and they continue to lead the industry when it comes to skin tightening, laser services and hair-loss services.

"The recipe for success is superior customer service in a variety of services," Forster adds.

Outstanding environmental achievements

Twenty-five years ago, the Emerald Awards held its first event to recognize and celebrate outstanding environmental achievements from large and small businesses, individuals, not-for-profit associations, community groups, youth and governments across Alberta.

Since then, there have been 768 finalists and 280 recipients.

"Every single one of these organizations and individuals has made a significant contribution to Alberta's ability to balance growth and resource development with preserving our environment. That's quite something," says Carmen Boyko, executive director at Alberta Emerald Foundation. "This year, we have 32 finalists, 12 of which will be announced as recipients."

The Emerald Awards is the only award program of its kind in Canada to showcase environmental excellence in all sizes and across all sectors — from community leaders and start-ups to international oil and gas producers.

The Emerald Awards applaud dozens of environmental leaders and showcase projects that demonstrate environmental excellence, setting example for everyone across the province.

By celebrating excellence in environmental leadership, the Emerald Awards and the Alberta Emerald Foundation are raising the public's awareness about and around stewardship.

The 25th Annual Emerald Awards will be presented on June 8, 2016 at Telus Spark in Calgary. Meet three of the nominees.

INSPIRING ENVIRONMENTALISM

Between them, Kitty Cochrane and Johnny Dulku have been inspiring students for more than 40 years.

During her 28 years in the classroom, Cochrane has helped students become capable environmental citizens, won a BP A+ for Energy Award four times and secured grants to help Ecole Dickinsfield School champion environmental stewardship. Dulku has been a science teacher at Westwood Community High School for 11 years. In 2012, he started the Green Initiative Club with eight students to focus on environmental demonstration projects.

"As co-nominees, Kitty Cochrane and I feel that this nomination shines a light on some of the tremendous efforts made towards environmentalism by staff and students in the Fort McMurray Public School District," says Dulku. "The past few years have seen us grow from a few projects to many school gardens, and foster innovative approaches to teaching environmentalism in northern Alberta's extreme winters."

Dulku's Green Initiative Club has won six grants for outdoor gardening, rooftop solar panels, automatic water-bottle filling stations, vermicomposting, two greenhouses, rainwater harvesting, solar-powered irrigation, a rain garden and an experimental solar-heating system that extends the greenhouse growing season. He and his students hope to inspire others to meaningful action on climate change.

After Fort McMurray banned single-use plastic bags, Cochrane received a grant to provide all of the school's students a reusable bag. The school has daily waste free lunches, composts 3500 apple cores and banana peels annually, tends 20,000 red wriggler worms and sorts waste for recycling.

"The efforts have supported and encouraged many other school initiatives, such as curbside recycling and anti-idling," says Cochrane. "Every staff, child and family in our school of 700 is welcome to join in with the garden and other green efforts. Students of all ages, from 4 through to 12 are leaders in all the activities, and are growing up green."

KITTY COCHRANE/CONTRIBUTED

Students starts tackling the issues early

Hayley Todesco has been tackling environmental issues through science fair projects since she was 10 years old. At 16, she turned to oil sands tailings ponds.

"My project started out as just a few small prototypes that I built in my basement to try to clean up oil sands waste," she says. "I had no idea if they would work but I still kept building and rebuilding them because there was the tiniest chance that they would."

Eventually, working with researchers at the University of Calgary, Todesco designed a way to use sand filters to clean the water in the tailings ponds. It's a new and faster way to use microbes to treat naphthenic acids — the most difficult water pollution in the tailings ponds.

"The bioengineering process was incredibly difficult and took hundreds of hours in and out of the lab after school," she says. "After months of troubleshooting various issues that arose, nothing worked and the bacteria died." Todesco was devastated by the failure but she kept at it. And eventually, she was able to create biofilms — bacteria — that are capable of degrading naphthenic acids 14 times faster than normal.

CONTRIBUTED

"Having my work recognized by an Emerald Award nomination is very meaningful to me because it validates all of the time, effort and dedication that I put into pursuing the possibility that my ideas would work," she says. "It also gives me hope that my bioreactor designs may one day be implemented to start making a difference in the environment."

If her idea is implemented at full scale, tailings ponds could potentially be cleaned up in decades instead of centuries.

"It means a lot that a project that I started in my basement when I was 16 is being recognized alongside huge environmental leaders in the province," she says.

University advancing green technology

The University of Calgary has 11 green buildings — occupying more than 1.7 million square feet — that represent one of the largest concentrations of green buildings on any post-secondary campus in Canada.

The university has earned LEED (Leadership in Energy and Environmental Design) certification for seven projects and is pursuing certification for four more.

"Building operations are estimated to be responsible for more than 40 per cent of global energy use and a third of global emissions," says Joanne Perdue, the university's Chief Sustainability Officer. "Given the relatively long lifespan of these buildings, investing in the highest level of energy efficiency is an important step in addressing the climate change challenge. Depending on the life of these buildings, this could represent a million tonnes of avoided greenhouse gas emissions."

The university launched its High Performance Green Building Program in 2005. Since then it has used advanced technologies and innovative construction and design practices to significantly reduce energy and water consumption, landfill waste and the environmental impact of material production. The program also promotes bio-diversity and protects waterways with rain-water management strategies.

"This enduring commitment to sustainability leadership in the built environment is something our campus community can feel very proud of," says Perdue. "University and college campuses are one of the most important places to demonstrate leadership in sustainability; they are critical environments for experiential learning about sustainability practices".

UCalgary is committed to furthering Canadian green building practices through sharing knowledge and helping to build industry capacity. In the last decade, it's hosted more than 100 green building related events, had speakers at conferences and seen scholars publish research into green building performance.

"It is an honour for the University of Calgary to be recognized alongside so many exceptional leaders," says Perdue. "The calibre of work spotlighted through the awards program is truly outstanding and by raising awareness of one another's efforts we can form new partnerships, transfer knowledge and expand our capacity to tackle the grand challenges our society faces."

Constructed in 2005 the Child Development Centre became the first LEED Platinum building in Alberta and kick started the University of Calgary's high performance green building program. KEN BENDIKSEN/UNIVERSITY OF CALGARY

Alberta Emerald Foundation

25TH ANNUAL EMERALD AWARDS

Recognizing and celebrating environmental excellence in Alberta.

Since 1992, the Alberta Emerald Foundation has showcased 280 recipients and over 760 finalists through the Emerald Awards program.

This year, an independent panel of judges selected 32 examples of environmental innovation and leadership as the 2016 Emerald Awards Finalists.

The 25th Annual Emerald Awards will be announced on June 8, 2016 at Telus Spark in Calgary.

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metro SPORT

Patrick Marleau and Joe Thornton had played a combined 2,778 games without making a Stanley Cup final before their series win over St. Louis

From late draft pick to Conn Smythe favourite

NHL PLAYOFFS

Pavelski leads Sharks to West championship

The NHL scouts parading through Waterloo, Iowa, usually said the same thing about Joe Pavelski.

"'He can't skate, he's not big enough. He can't skate, he's not big enough,'" recalls P.K. O'Handley, who coached the San Jose Sharks forward back when he captained the USHL's Waterloo Black Hawks nearly 15 years ago.

Concerns ran deep enough that Pavelski, second only to superstar Alex Ovechkin in goals over the past three NHL seasons and the current Conn Smythe favourite with 13 playoff goals, fell to the seventh round of the 2003 draft, going 205th overall to the Sharks.

While intrigued by Pavelski, the Sharks didn't even use their first (of two) seventh-round picks to take him, opting instead for a French-Canadian forward who never played an NHL game.

How does a player with such apparent flaws — a lack of size and speed — rise into one of the league's premier players and goal-scorers?

It starts with a feel for the game that former coaches describe as uncommon. The five-foot-11, 190-pound Pavelski may not have been pretty to watch, but he could process the game quickly and that allowed him to make a play or score a goal.

"He's always thinking about four steps ahead of everybody else, even at the high school level, at the junior level and then ultimately at our level, here at Wisconsin," said Mark Osiecki, a former Badgers assistant who recently returned to the university's program.

"His mind for the game, his will to succeed, is at a super, super high level."

> **His hockey IQ, even at 17, was off the chart.**
>
> Pavelski's former coach P.K. O'Handley

"His hockey IQ, even at 17," added O'Handley, "was off the chart."

It's one of the first elements O'Handley noticed when he inherited Pavelski upon assuming the coaching job in Waterloo. He saw a kid who could think the game and was highly driven.

Osiecki remembers when Pavelski wanted to improve in the faceoff circle, he watched video of NHL players. He worked on blocking shots as a defender, tipping shots on the other end, performing the subtler aspects of the game which have made him into a force for the Sharks, where he's spent his entire NHL career.

Pavelski, 31, is an ace jack of all trades for San Jose. He's a focal point of a top power-play unit, kills penalties and wins 55 per cent of his faceoffs, among the top marks in the league.

He rarely gets mentioned in the company of Ovechkin, Lightning captain Steven Stamkos or Anaheim veteran Corey Perry, but he's been every bit as accomplished as a goal-scorer, too.

Only Ovechkin and Stamkos, both No. 1 overall picks, have more goals than Pavelski over the past five seasons and only Ovechkin has scored more since the start of the 2013-14 campaign.

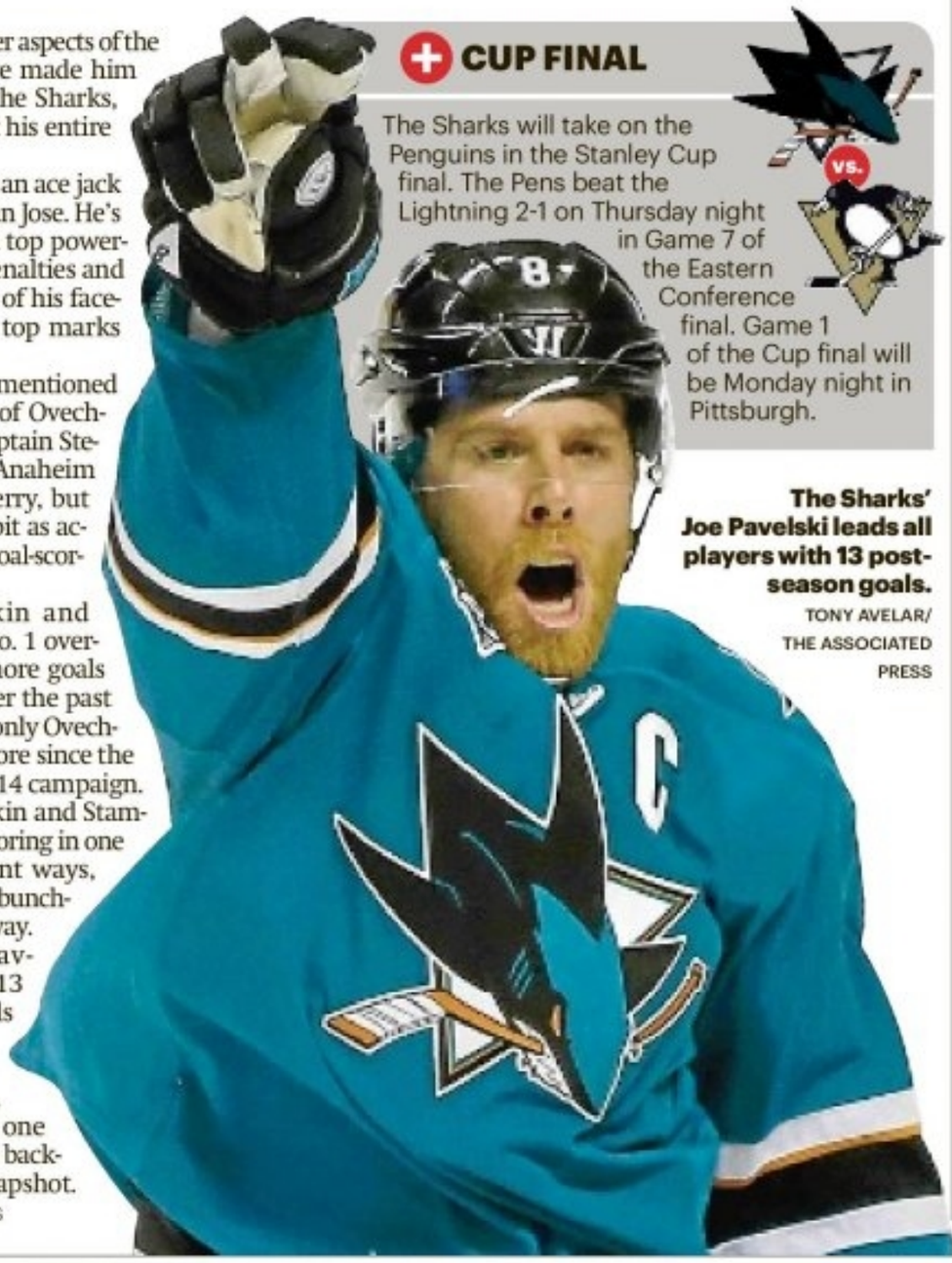
Unlike Ovechkin and Stamkos, known for scoring in one or two prominent ways, Pavelski scores in bunches every which way.

A look at Pavelski's tally of 13 post-season goals reveals the variety: six slapshots, two tips, two wrist shots, one wraparound, one backhand and one snapshot.

THE CANADIAN PRESS

CUP FINAL

The Sharks will take on the Penguins in the Stanley Cup final. The Pens beat the Lightning 2-1 on Thursday night in Game 7 of the Eastern Conference final. Game 1 of the Cup final will be Monday night in Pittsburgh.



The Sharks' Joe Pavelski leads all players with 13 post-season goals.

TONY AVELAR/ THE ASSOCIATED PRESS

NBA PLAYOFFS

Raptors downplay late-night activity

The Raptors are playing down a late-night visit to a Cleveland casino by two players on the eve of a blowout loss, saying NBA players have a different schedule than most.

DeMarre Carroll and Cory Joseph were seen in a casino near their hotel just before 2 a.m. Wednesday. Later that day, the Raptors were hammered 116-78 by the Cavaliers in Game 5 of the Eastern Conference final.

Toronto guard DeMar DeRozan called the fuss about the story crazy, saying he was up until 4 a.m. in his hotel room that night watching Batman v Superman: Dawn of Justice.

"Would that be a story?" DeRozan asked.

He said he couldn't remember the last time he was in bed before 2:30 or 3 a.m., often leaving the gym at 1 or 2 a.m.

Raptors coach Dwane Casey says the two players are adults, weren't drinking and broke no laws. He says his concern was not the players' late-night walkabout but "getting our butt kicked."

As for the two players in question, they say the story was overblown.

Joseph says he still got plenty of sleep ahead of the game. Carroll says the reporter who wrote the story was "fishing a little bit."

THE CANADIAN PRESS

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Jays are Happ-y campers in the Bronx

MLB

Toronto lefty leads team to series win over Yankees

THURSDAY In New York

3	1
BLUE JAYS	YANKEES

In between retiring Yankees hitters, Toronto starter J.A. Happ could appreciate the moment of duelling with CC Sabathia.

"It was kind of fun, definitely, being out there — Yankee Stadium, pitching against him," Happ said after a strong seven-inning outing Thursday.

Edwin Encarnacion and Devon Travis had two-out RBIs, and the Blue Jays beat New York 3-1 to win the three-game series and wrap up a 5-2 road trip.

Sabathia was the tough-luck loser, allowing just two unearned runs. Alex Rodriguez went 0-for-4 with two strikeouts in his first game since going on the disabled list May 4 with a strained right hamstring.

Happ (6-2) allowed one run and three hits with five strikeouts and three walks. He has given up three earned runs or fewer in 19 of his past 20 starts.

Sabathia (3-3) retired the first seven batters before an error by shortstop Didi Gregorius on Travis' grounder with one out in the third. Sabathia retired No. 9 hitter Darwin Barney, but a single by Jose Bautista and a walk to Josh Donaldson loaded the bases. Encarnacion singled to left for the 2-1 lead.

Travis, playing in just his second game of 2016 after off-season shoulder surgery, singled with two outs in the ninth off a 102 m.p.h. fastball from Aroldis Chapman to drive in Justin Smoak for the insurance run. THE ASSOCIATED PRESS

The Blue Jays' Jose Bautista dives into second base for a double on Thursday in New York. JULIE JACOBSON/THE ASSOCIATED PRESS

IN BRIEF

Bouchard eliminated in French Open second round

Eugenie Bouchard made an early exit from the French Open for the second straight year on Thursday, dropping a 6-4, 6-4 decision to Timea Bacsinszky in second-round play at the Grand Slam event.

Bouchard, from Westmount, Que., made the semifinals at Roland Garros in 2014 but lost in the first round last year.

On Thursday, she jumped out to a 4-1 lead before dropping 10 games in a row.

THE CANADIAN PRESS

Baylor to fire football coach after sex assault review

Baylor University's board of regents says it will fire football coach Art Briles and re-assign university president Kenneth Starr in response to questions about its handling of sexual assault complaints against players.

Baylor said a law firm's review of its handling of sexual assault cases following allegations that the football program mishandled several cases of players attacking women revealed "a fundamental failure."

THE ASSOCIATED PRESS

Trentin wins longest Giro stage, Kruijswijk retains lead

Matteo Trentin used a late counterattack and some crafty teamwork to win the longest stage of the Giro d'Italia on Thursday, while Steven Kruijswijk held on to a comfortable overall.

Kruijswijk leads Esteban Chaves by three minutes, with Alejandro Valverde 3:23 behind in third.

There are two challenging mountain stages Friday and Saturday before the 99th edition of the race ends in Turin on Sunday.

THE ASSOCIATED PRESS

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3	2	4	6	7	5	1	9	8
6	1	8	4	3	9	5	7	2
7	5	9	8	2	1	4	3	6
4	9	1	3	8	6	2	5	7
8	6	3	2	5	7	9	4	1
2	7	5	1	9	4	6	8	3
5	4	6	7	1	8	3	2	9
1	3	7	9	4	2	8	6	5
9	8	2	5	6	3	7	1	4

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LAND FOR SALE

ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

The Estate of J. C. Anderson is opening the following lands within the MD of Foothills for offers:

I. THE SECTION 8 LANDS
NW, NE and SW quarters of 8;22;1;W5M
Three Adjacent Quarters close to the City of Calgary
to be sold individually or together

Parcel A - NW ¼, 159 Acres (+/-) and includes a 1,000 ft2 (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE ¼ 156.53 Acres (+/-) and includes a 7,960 ft2 (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft2 (+/-) heated & insulated machine shop, a 2,240 ft2 (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW ¼ 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS
West 1/2 of 30;20;1;W5M and Acreage at 0514212;1;2
(located within NW ¼ of 30;20;1;W5M)

Parcel A - West ½ 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. **The offer package will include a gravel assessment report.**

Parcel B - 5.04 Acres (+/-) located within the NW ¼ of 30;20;1;W5M and includes 1,440 ft2 (+/-) house, with detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We bet you won't miss the meat in this healthy twist on the classic BLT using creamy avocado mixed with the sweetness of fresh basil. We like the sound of those odds.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients
- 1 tomato
- 1 tsp olive oil
- Sea salt
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 4 basil leaves, torn
- 4 pieces of multi-grain bread, toasted
- 1/2 head of Boston bibb lettuce

Directions

1. Cut tomato and place on a plate. Coat with olive oil and sprinkle with sea salt. Let stand.

2. Meanwhile, mash avocado in a medium bowl and then add lemon juice and torn basil. Mix until smooth.

3. Toast bread and then smear about a tablespoon and a half of the avocado spread onto the bread. Finish by adding tomato slices and a few pieces of lettuce. Cut in half or in quarters and serve with some cucumber slices.

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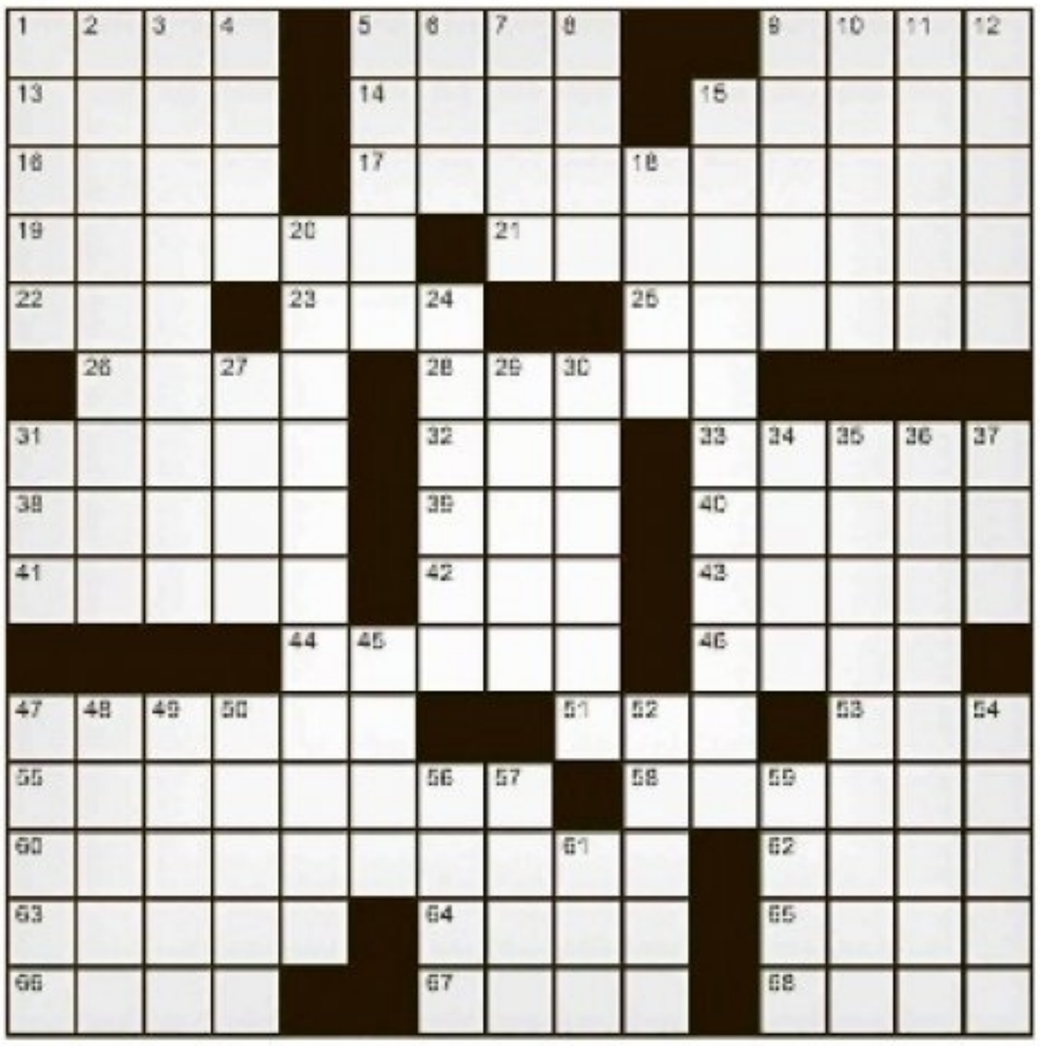
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Health food 'heart'
5. Cruise
9. "__ the Faith" by Bon Jovi
13. Computer company
14. _.__ Canadian (Common currency conversion)
15. Spanish composer, Manuel de __ (b.1876 - d.1946)
16. Auditioned-for dream
17. City in Quebec
19. L-thru-S sequence
21. University in Ottawa
22. Roll of grass
23. Turnaround, slangily
25. Most cunning
26. Micro
28. Standoffish
31. Plains roamer
32. What Paul Simon's Roy needn't be
33. Seasoned yogurt dip of India
38. Empire of Mexico
39. G'days
40. "Back in the __ days..."
41. Dishevelled
42. AC/DC's explosive tune
43. Sans stopping...: 2 wds.
44. Actor Mr. Metcalfe
46. Two __ (Twenty dollar bill equivalent)
47. Martin Short comedy, "Three __!" (1986)
51. Rug of Scandinavia
53. Young sheep
55. Summery drink
58. Like a growing-in-the-high-mountains flower
60. James McAvoy's role in "X-Men: Apocalypse" (2016): word + letter
62. Card deck symbols
63. Game cube guy Mr. Rubik's
64. 'Moon'-meaning prefix
65. Go through
66. Big Apple denizen
67. Stuck-here computer keyboard key
68. Likewise

DOWN
1. Damages
2. Follow a budget
3. Singers and songwriters
4. Get ready
5. Sugar, in Sherbrooke
6. Wynonna's actress sis
7. Medical suffix
8. "Livin' La Vida __" by Ricky Martin
9. Ms. Sagal of "Married... with Children"
10. A-List
11. "St. __ Fire" (1985)
12. Emulate Emily Carr
15. Toronto-born comedian Samantha Bee's late night talk show, airing on The Comedy Network: 2 wds.
18. Roughly: 2 wds.
20. Composer of "Soul Bossa Nova" which was used as the theme music on classic Canadian game show "Definition": 2 wds.
24. Billionaire's fleet
27. Variantly-spelled refusals
29. Meat cuts
30. Prairie __, Canadian country band
31. Chef Emeril Lagasse's sound!
34. "Wake Me Up" singer Mr. Blacc
35. __ twins
36. Stress/anxiety
37. Moreover
45. Those, in Spain
47. Pertaining to Swiss peaks
48. Lighthearted/joyous
49. "...and God I know __ __." (Bit of "House of the Rising Sun")
50. "__ __ Soda" by Kim Mitchell
52. Math Class: Vertical graph line, _._
54. Painter's artwork base
56. Fast web connections
57. 'Right' suffix
59. Dad
61. Medical pros

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Listen to advice from someone older today. Why not stand on the shoulders of those who have gone before you?

Taurus April 21 - May 21
Others might notice that you have done your homework. You are well-prepared, especially when it comes to discussions about shared property, inheritances and such.

Gemini May 22 - June 21
It's easy to study today. Likewise, it's relatively easy to fill out legal forms and do work that you might otherwise find daunting. (You're in the groove!)

Cancer June 22 - July 23
Discussions about shared property will go well today because you know what needs to be done and what needs to be said. You will come up with the resources to please a boss or someone experienced at work.

Leo July 24 - Aug. 23
Be prepared to go more than halfway when dealing with others today, because the Moon is opposite your sign. People want to have serious discussions.

Virgo Aug. 24 - Sept. 23
It will please you to keep things practical and orderly today. You want a place for everything and everything in its place. (No floaters, please.)

Libra Sept. 24 - Oct. 23
You might have increased responsibilities with children today; however, you won't mind. In fact, you will fully accept the duties and obligations involved.

Scorpio Oct. 24 - Nov. 22
A discussion with a parent or an older family member will be productive today. The key is to show respect and look like you're listening, even if you aren't.

Sagittarius Nov. 23 - Dec. 21
You will handle details and routine work superbly today, because you are mentally psyched for it. Let's face it — it's gotta be done. (And you know it's that simple.)

Capricorn Dec. 22 - Jan. 20
You want to tie up loose details about financial matters today, because you are in a practical, sensible frame of mind.

Aquarius Jan. 21 - Feb. 19
Today the Moon is in your sign, dancing with Saturn. This means you will do whatever is necessary to get the job done because your own comforts will be of less importance.

Pisces
Feb. 20 - March 20
Research of any kind will go well today, because you have focus, concentration and the energy to follow through. Get as much done as possible.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1		7	5		6	3	
3					9			7
8								
	5							2
7				3				9
1							4	
								5
6			5					1
	4	2		7	6		9	

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